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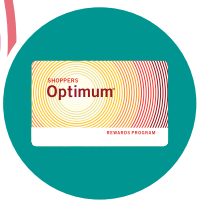

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DINNER FOR SCHMUCKS
ROLE WAS NO-BRAINER FOR RUDD {page 19}

SCHOOL'S OUT FOR EFRON
TEEN HEARTTHROB GROWS UP {page 21}

PARODIED
NOTORIOUS GIBSON TAPES MOCKED ONLINE
GET THE DISH {page 29}

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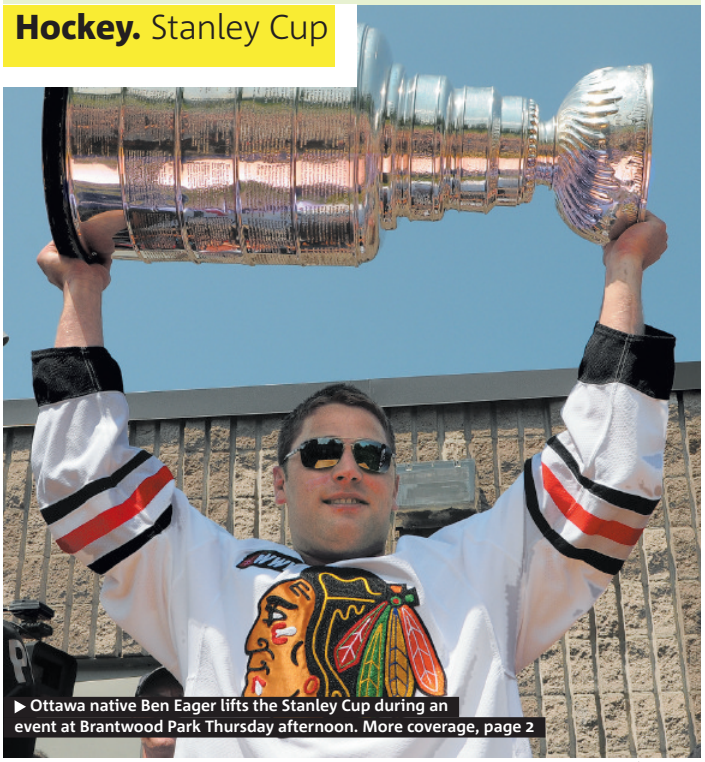
Hockey. Stanley Cup



▶ Ottawa native Ben Eager lifts the Stanley Cup during an event at Brantwood Park Thursday afternoon. More coverage, page 2

TIM WIECLAWSKI/METRO OTTAWA

NHLer gives Cup tour of the city

After winning the Stanley Cup last month with the Chicago Blackhawks, Ben Eager took the trophy to his grandfather's house in Kemptville, then to the park in Ottawa where he played hockey during the winter as a young boy.

Black makes for Windy City

Possibility of returning to Canada unknown {page 8}

Tories order hiring review

Affirmative action under attack, NDP MP claims {page 6}

Colonel's trial moves forward

Former military star charged in murders of two women, sex assaults and break-ins List of 82 charges against Williams took up one-third of courtroom docket

There appeared to be some movement Thursday in the case of a former Canadian Forces commander facing murder and sexual assault charges.

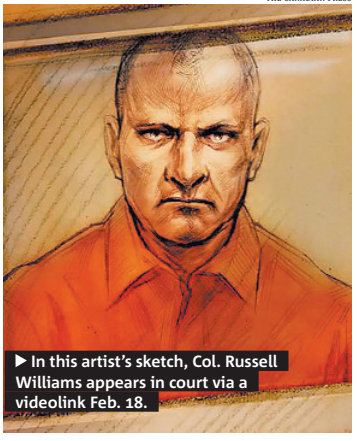
After months of brief video appearances by Col. Russell Williams, during which a date for another brief video appearance would be made, a date for a pre-trial hearing was set Thursday.

Williams appeared via videolink Thursday from a detention centre and stated his full name — David Russell Williams — for the record. He was ordered to appear again via video Aug. 26 at 1:15 p.m. for a pre-trial hearing.

Williams is charged with first-degree murder in the death of Jessica Lloyd, 27, whose body was found in Tweed, Ont., Feb. 8, two weeks after she failed to show up at her job. He is also charged in the death of Cpl. Marie-France Comeau, 37, a flight attendant at CFB Trenton who served aboard the same military VIP flights Williams piloted in the 1990s.

In addition, Williams and his wife, Mary-Elizabeth Harriman, are facing a $2.45-million lawsuit filed by one of Williams' alleged sex assault victims, identified as Jane Doe. THE CANADIAN PRESS

THE CANADIAN PRESS



▶ In this artist's sketch, Col. Russell Williams appears in court via a videolink Feb. 18.

"Hopefully, everything works out for the best as far as the justice system, but I don't know really if that's going to be closure or not."
ANDY LLOYD, BROTHER OF JESSICA LLOYD

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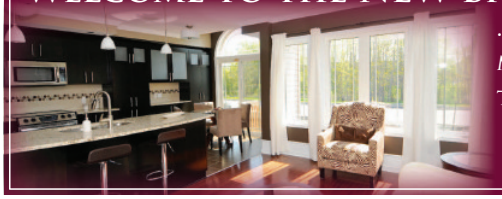

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1 news

Fire caught between floors at eatery

Hundreds of pedestrians stopped to watch as firefighters fought a fire at a popular eatery in the By-Ward Market Thursday.

A fire broke out at the Courtyard Restaurant at 21 George St. just before noon, closing down George Street between Sussex Drive and William Street for several hours.

Staff reported the fire after seeing flames come from a ventilation system above the cooking appliances in the kitchen.

The Ottawa fire department responded with 12 vehicles and 35 firefighters, said spokesman Marc Messier.

"The fire was caught in between two floors," said Messier.

There were no clients inside at the time, but there were about 10 customers outside on the patio, he said.

One of the staff members suffered from smoke inhalation. He was treated at the scene and released.

The fire was confined to the exhaust system. It was under control by 12:48 p.m., but firefighters spent several hours to ensure no fire remained in the walls or the floor. Damage is estimated at about $250,000.

TRACEY TONG

TRACEY TONG/METRO OTTAWA

▶ Firefighters work at the scene of a fire at the Courtyard Restaurant Thursday.

Eager brings Stanley Cup back to home ice

Mayor presents Ottawa native with commemorative city coin

TIM WIECLAWSKI
@METRONEWS.CA

As a child, Ben Eager would play pickup hockey on the community skating rink in Brantwood Park and dream of winning the Stanley Cup.

Even when he made it to the NHL, Eager would still try to skate on that rink when he was back in Ottawa.

Last month, as a member of the Chicago Blackhawks, Eager won the Stanley Cup, so on his day with the trophy, he brought it back to his childhood rink to celebrate with friends, family and around 400 fans.

Eager's mother, Rosemary Graves, said the crowd exceeded all their expectations.

Living the dream

The 26-year-old, six-foot-two NHLer has played 255 regular season games with the Philadelphia Flyers and the Chicago Blackhawks.

- **Game winner** Eager scored the winning goal in Game Two of the Stanley Cup Finals. It stands as the second playoff goal of his career.
- **Thrasher** In a move made to get the Blackhawks under the NHL salary cap, Eager was among four players sent to the Atlanta Thrashers on June 23.

23 Overall draft position by the Phoenix Coyotes in the 2002 NHL entry draft.

TIM WIECLAWSKI/METRO OTTAWA

▶Despite police officers on hand for crowd control, Eager was mobbed by hundreds of hockey fans anxious for photos, autographs and a couple of seconds with the Stanley Cup.

News on the move

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Defence Minister Peter MacKay on how Canada will wind down the mission in Afghanistan. Video at metronews.ca/canada

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Iron family looks to best hard triathlon

- Ottawa residents trained 17 hours a week for the last seven months
- Family is among 67 locals competing in the world's toughest triathlon

TRACEY TONG
@METRONEWS.CA

A 3.8-kilometre swim and a 180-kilometre bike ride, followed by a marathon is pretty daunting.

And anyone who is impressed by that should be blown away by Derek Featherstone and his family. The Ironman in Lake Placid in New York State has become a tradition for the 39-year-old Ottawa resident, his wife, Kathryn, 38, his brother, Gavin, 35, and his brother's wife, Michelle, 36.

"It's a bit of a family affair," said Featherstone, who was first inspired to do an Ironman after watching his brother compete in 2005.

"It was an inspirational event," he said in a phone interview en route to the race. "We thought, 'we need to be a part of this.'"

He finished his first event in 16 hours.

"I remember thinking, 'I am never, ever doing this again," he said.

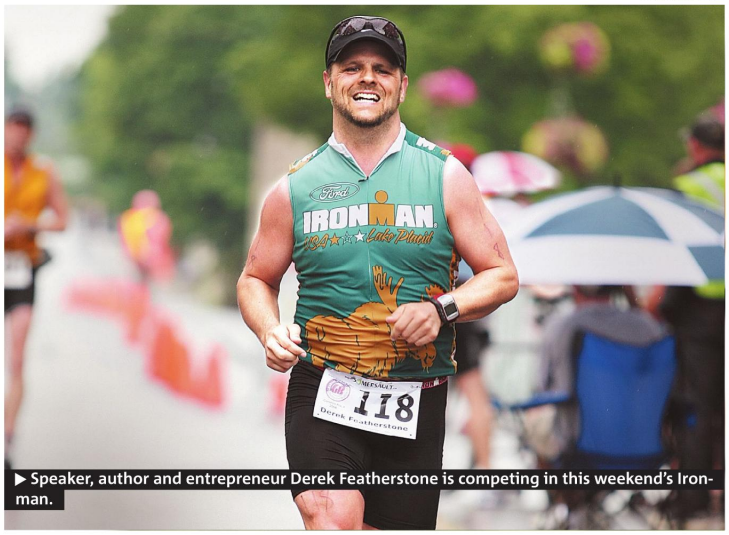
Now attempting his third Ironman, Featherstone is aiming for a time under 14 hours.

"I want to see how far I can push my limits," he said. "I love when people tell me something can't be done, and then going out and doing that thing. It's what drives me to keep doing it."

The parents of three children, Featherstone and Kathryn train in shifts.

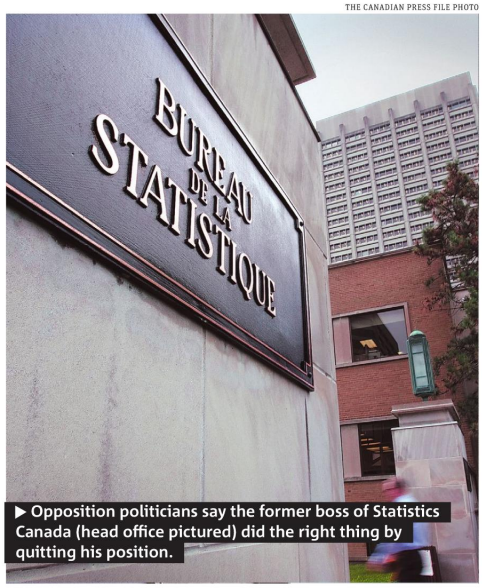
"I do it for my kids," said Kathryn. "I want to be a good role model for my children."

CONTRIBUTED PHOTO



▶ Speaker, author and entrepreneur Derek Featherstone is competing in this weekend's Ironman.

THE CANADIAN PRESS FILE PHOTO



▶ Opposition politicians say the former boss of Statistics Canada (head office pictured) did the right thing by quitting his position.

Opposition backs ex-StatsCan boss

Canada's statistics boss did the honourable thing when he resigned over the long-form census issue, opposition politicians said Thursday.

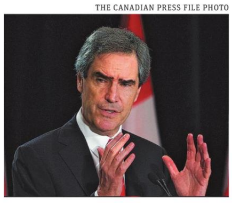
Partisan politics, not sound policy, were behind the end of the mandatory survey and Munir Sheikh had no choice but to go, they said.

Industry Minister Tony Clement had said the government abandoned the mandatory version under advice from Statistics Canada. But Sheikh resigned late Wednesday, saying a voluntary survey cannot substitute for a mandatory census.

So now the Liberals want to know, whose advice did Clement receive?

They want the minister, Sheikh and groups hit by the change to appear before the industry committee. They would also like to see the Statistics Act changed to entrench the mandatory long-form census. THE CANADIAN PRESS

THE CANADIAN PRESS FILE PHOTO



"I find it absolutely incredible that a Canadian government would choose ignorance over information."
LIBERAL LEADER MICHAEL IGNATIEFF

Targeted treatment helps cancer patient

In 2002, Ottawa resident Jeannot Rodrigue was diagnosed with a tumour on his right kidney.

When doctors told him it was kidney cancer, the then-55-year-old physical education teacher at Colonel By High School was shocked.

"I was very active in a lot of sports, had a proper diet and I didn't smoke," he said.

Two years later, he was diagnosed with Stage 4 cancer in his lungs.

Recently, the Ontario government extended funding to a new targeted kidney cancer treatment, Torisel, which Rodrigue — who is well thanks to targeted therapies — said he will likely have to use at some point.

"This is great news," he said.

TRACEY TONG

CONTRIBUTED PHOTO

▶ Jeannot Rodrigue is active in sports, travel and volunteer coaching thanks to targeted kidney cancer treatment.

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Kidney cancer

The Ontario government has joined B.C., Saskatchewan, Nova Scotia and N.L. in offering extended funding to a new targeted kidney cancer treatment, Torisel.

Mortality rate This year, 4,800 Canadians will be diagnosed with kidney cancer. 1,650 Canadians will die from kidney cancer this year.

Candidate seeks end to Upass

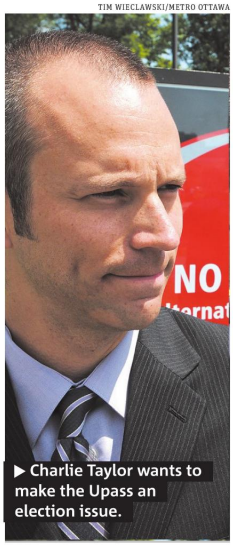
Carleton and uOttawa full-time students will be testing out a universal bus pass this school year, but mayoral candidate Charlie Taylor wants the program scrapped.

The Upass will cost all full-time students an extra $145 per semester on top of their tuition. There is no option to withdraw from the program. While that is a great deal for students who rely on transit (a monthly student pass is $73.25), Taylor, a Carleton student, said that discount is coming from the pockets of people who don't normally purchase monthly passes.

Taylor organized a rally at Carleton Thursday.

TIM WIECLAWSKI

TIM WIECLAWSKI/METRO OTTAWA



▶ Charlie Taylor wants to make the Upass an election issue.

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Tories order probe of hiring policies

Treasury Board president says race and ethnicity shouldn't enter into hiring process for federal jobs ◗ Opposition MP says government is off-base

The Conservatives have ordered a review of government hiring practices, which currently give priority to qualified applicants from minority groups.

New Democrat MP Pat Martin called the move a "full-frontal attack on affirmative action."

Visible minorities, including aboriginals, have long been underrepresented in the public service.

Immigration Minister Jason Kenney, who was also involved in the decision, said hiring should be based on merit.

"I strongly agree with the objective of creating a public service that reflects the diversity of Canada, and with fair measures designed to reach that goal," he said in a statement.

"But we must ensure that all Canadians have an equal opportunity to work for their government based on merit, regardless of race or ethnicity."

The government's latest figures show more women, aboriginals and visible minorities worked in the public service last year than the year before. The number of people with disabilities stayed the same.

"We want to ensure that no Canadian is barred from opportunities in the public service based on race or ethnicity."
STOCKWELL DAY, TREASURY BOARD PRESIDENT

As of March 2009, women made up 54.7 per cent of the federal workforce, aboriginals made up 4.5 per cent, people with disabilities made up 5.9 per cent and visible minorities made up 9.8 per cent.

The federal government relies on data from Statistics Canada to set targets.

The announcement came a day after the country's chief statistician, Munir Sheikh, resigned over the government's decision to axe the mandatory long census form.

THE CANADIAN PRESS

News in pictures

PHOTOS 1-4. KIRSTY WIGGLESWORTH/ THE ASSOCIATED PRESS

Sotheby's says it is auctioning about $4.6 million worth of jewelry once owned by Wallis Simpson, the American socialite who became Duchess of Windsor. The 20 pieces belonged to Simpson and King Edward VIII, who abdicated to marry Simpson in 1937.

1 An emerald, ruby and diamond brooch by Cartier.

2 Wallis Simpson, the American socialite who became Duchess of Windsor.

3 A flamingo-shaped ruby, sapphire, emerald, citrine and diamond clip mounted by Cartier.

4 A diamond bracelet by Cartier.

THE ASSOCIATED PRESS

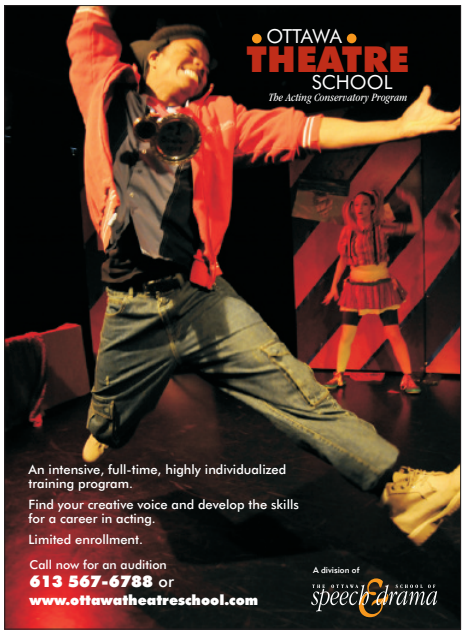
Liberals. All smiles

▶ Liberal Leader Michael Ignatieff is greeted by former prime minister Jean Chretien on Thursday as the Liberal Express arrives in Shawinigan, Que. In the background is Justin Trudeau.

PAUL CHIASSON/THE CANADIAN PRESS

Ex-PM demonstrates Shawinigan handshake

Michael Ignatieff got a quick lesson on the fundamentals of Canadian politics from an old master Thursday. The Liberal leader was greeted during a stop in Shawinigan, Que., by the town's most famous resident: Jean Chrétien. The former prime minister pretended to give Ignatieff the same choke hold he once gave a protester.



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Conrad Black's future blowing in the wind

He's off to the Windy City to meet judge who sent him to jail The question: Can he return to Canada?

Conrad Black's legal odyssey was in high gear Thursday as he left the posh Palm Beach mansion where he spent the night.

He was presumably on his way to Chicago for a vital court appearance that could determine whether he can try to return to Canada.

Black was spotted in the back of a black SUV as the vehicle exited the gates where members of the international media had been holding vigil since the previous night, when he arrived after more than two years in a Florida prison.

Black's wife, Barbara Amiel, was in the SUV with him.

THE CANADIAN PRESS

▶ Conrad Black

The pair were likely bound for the Windy City, where Black was to appear Friday before Judge Amy St. Eve — the same judge who convicted him in 2007 on fraud and obstruction of justice charges and originally sentenced him to six-and-a-half years in prison.

Black was granted bail earlier this week.

Black has made it clear he wants to return to Canada, but whether he can get in is another question — he has been convicted of an indictable offence and is no longer a Canadian citizen.

His only recourse may be a special dispensation from Citizenship and Immigration Minister Jason Kenney — who isn't tipping his hand.

"I can't comment on any individual case," Kenney said.

THE CANADIAN PRESS

Bowling. Hot idea

▶ A man takes part in an ice bowling tournament.

SHIZUO KAMBAYASHI/THE ASSOCIATED PRESS

In hot Tokyo, ice is nice

With temperatures in Tokyo, Japan, hovering around 32 C Thursday, this may be one cool idea. It's called ice bowling. The pins, ball and rink are all made of ice. And by his look of concentration, this man is feeling the heat of competition.

Has bear escaped from pickle jar trap?

An elusive bear with its head stuck in a pickle jar for the last two weeks may no longer be in a pickle.

A canoeist spotted an empty plastic jar with fur in it on the shores of Lake Superior, wildlife officials said Thursday.

They are looking for the jar to examine it, but it's still not clear whether it's the same jar the bear was struggling with.

Officials are optimistic the bear somehow managed to break free.

"I don't expect we'll hear from mister bear again," said conservation officer Ross Johnston.

THE CANADIAN PRESS

15

Officials came within 15 metres of the bear on July 11, but missed shooting it with a tranquilizer dart, an onlooker said.

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EVERT-JAN DANIELS/THE ASSOCIATED PRESS

▶ Kosovo's Foreign Minister Skender Hyseni, centre, arrives Thursday at the Peace Palace, seat of the World Court, in The Hague, Netherlands.

Kosovo a legal state: UN's highest court

Small nation seceded from Serbia in 2008, after a bloody war 10 years earlier Serbia, Russia oppose statehood

Kosovo won a major victory on the world stage Thursday as the United Nations' highest court said its 2008 declaration of independence from Serbia was legal.

The nonbinding opinion, passed in a 10-4 vote by court judges, sets the stage for Kosovo to renew its appeals for further international recognition. The tiny Balkan country has been recognized by 69 countries, including the United States and most European Union nations. It needs 100 for full statehood.

The International Court of Justice's opinion, read by court president Hisashi Owada, says international law contains no "prohibition on declarations of independence" and therefore Kosovo's declaration "did not violate general international law."

THE ASSOCIATED PRESS

PIPELINE EXPLOSION

China cleaning up oil spill

China and environmental observers said cleanup efforts on the country's largest reported oil spill were progressing Thursday, but the environmental and economic damage was clear.

The cleanup — marred by the drowning of a worker this week, his body coated in crude — continued over a 430 square kilometre stretch of the Yellow Sea off the northeastern city of Dalian, one of China's major ports and strategic oil reserve sites.

China National Petroleum Corp. said Thursday that the pipeline that exploded and caused the oil spill last Friday had resumed operations. The blast had reduced oil shipments from part of China's strategic oil reserves to the rest of the country. The cause of the explosion that started the spill was still not clear. THE ASSOCIATED PRESS

Watchdogs target eco fees

Another Ontario watchdog is wading into the recent controversy over the province's eco fees.

Environmental Commissioner Gord Miller says he'll issue a special report on the fees next Tuesday.

His announcement comes one day after he blasted the government for slashing the guaranteed rate for small solar-panel projects by 27 per cent.

THE CANADIAN PRESS

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NEIL RIDEOUT/THE CANADIAN PRESS

▶ A Cape Breton man is fighting a ticket he received after being caught chugging along a sidewalk on a souped-up drink cooler, shown in a handout photo.

Man charged over his 'cool' ride

Drink cooler equipped with cup holders and a 5.5-hp motor Driver says he bought it to be eco-friendly

A Cape Breton man is fighting a ticket he received after being caught chugging along a sidewalk on a souped-up drink cooler.

Neil Rideout of New Waterford was fined $222 under Nova Scotia's Motor Vehicle Act last July for driving his motorized red cooler on a sidewalk.

But the 42-year-old says he only took his cooler for a spin on the sidewalk at the suggestion of police, who told him he couldn't ride the four-wheel contraption on the street.

Rideout says he believes he's being discriminated against and plans to fight the ticket at a trial scheduled for Feb. 2 in provincial court.

Desiree Vassallo, a spokeswoman for the Cape Breton Regional Police Service, says the only motorized vehicles permitted on a sidewalk are wheelchairs and scooters.

THE CANADIAN PRESS

PHILLIP Van Leeuwen

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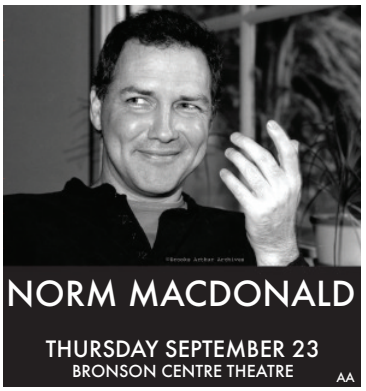

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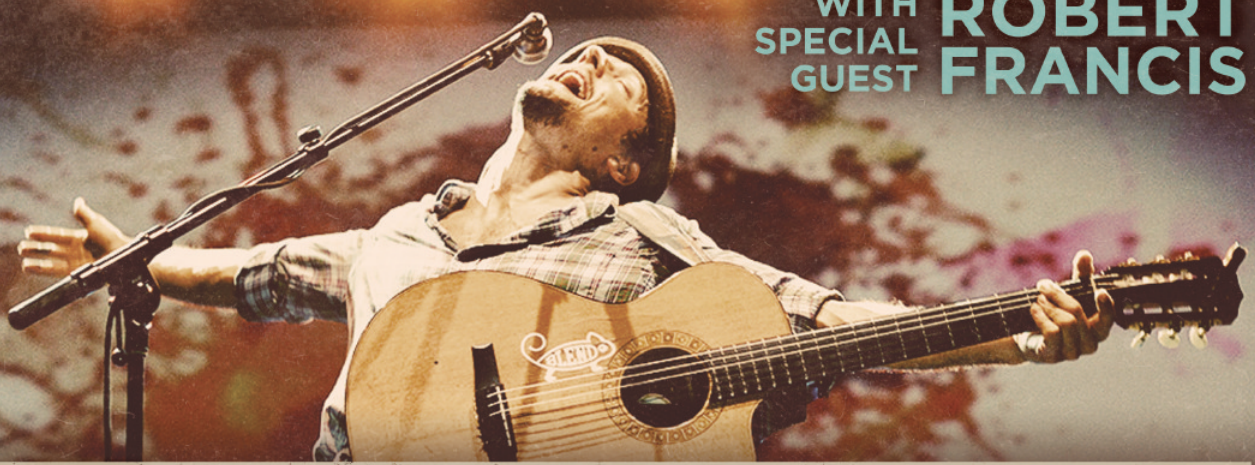

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Stonehenge sister site found

Archaeologists make discovery near Britain's world-famous prehistoric site Traces of monument first to be uncovered in that area in 50 years

Scientists scouring the area around Stonehenge said Thursday they have uncovered the foundations of a second circular structure only a few hundred metres from the world famous monument.

Like Stonehenge itself, the structure's precise purpose remains a mystery.

But it's one of an expanding number of discoveries being made around the site — something experts say is helping to show that Stonehenge was once much more than just a cluster of sandstone blocks standing in an empty field.

The foundations — a ring of holes surrounding a cluster of deep pits — are facing Stonehenge, according to a ground mapping project led by University of Birmingham archaeology professor Vince Gaffney.

"In its day Stonehenge was at the centre of the largest ceremonial centre in Europe. (The discovery) really shows how much there is still to learn and how extensive the site really was."
TIM DARVILL, ARCHAEOLOGIST

The pits, long since filled with earth, were probably dug to secure a circle of wooden poles, Gaffney said.

"It's a timber equivalent to Stonehenge," he told the BBC.

What kind of ceremonies went on there is unclear. It joins a growing complex of tombs and mysterious Neolithic structures found across the area.

The closest equivalent is probably the nearby Woodhenge, a monument once composed of six rings of wooden posts enclosed by an earth embankment.

Excavations there in the 1970s revealed the body of child whose skull had been split buried at the centre of the henge — hinting at the possibility of human sacrifice.

Other sites include the Cursus, a three-kilometre-long earthwork whose purpose remains unknown and a group of overgrown tombs known as the King's Barrows.

Last year, researchers announced the discovery of a small prehistoric circle of stones on the banks of the nearby River Avon.

Experts speculated the stone circle — dubbed "Bluehenge"' because it was built with bluestones — may have served as the starting point of a processional walk that began at the river and ended at Stonehenge.

THE ASSOCIATED PRESS

▶ In this 2004 file photo, tourists look at Stonehenge in southern England.

DAVE CAULKIN/THE ASSOCIATED PRESS

Mother-of-the-bride diplomacy

Chelsea Clinton's big day may be half a world away but that hasn't tempered enthusiasm in Vietnam for her upcoming nuptials.

In Hanoi on Thursday for diplomatic meetings a little over a week before the July 31 wedding, mother-of-the-bride and U.S. Secretary of State Hillary Rodham Clinton was given a wedding present — a white tablecloth — for her daughter by the Vietnamese government along with gemstone mosaic portrait of her and Chelsea during their 2000 visit to the country.

Clinton, who is on the last leg of a four-nation tour that also took her to Afghanistan, Pakistan and South Korea, was introduced by local American Chamber of Commerce president Hank Tomlinson as "the first secretary of state to visit Afghanistan, Pakistan, Korea and Vietnam while also planning her daughter's wedding."

Clinton laughed and said jokingly that travelling while "trying to help organize my daughter's wedding is proof ... that I may be lacking in common sense."

THE ASSOCIATED PRESS

MARY ANN CHASTAIN/THE ASSOCIATED PRESS FILE PHOTO

▶ Chelsea Clinton, right, and fiance Marc Mezvinsky plan to tie the knot in upstate New York on July 31.

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G20 violence suspect in T.O. court

A 21-year-old woman police allege is responsible for thousands of dollars of damage during G20 protests will spend at least another week behind bars.

Kelly Pflug-Back, charged with six counts of mischief over $5,000, was briefly in court Thursday.

THE CANADIAN PRESS

THE CANADIAN PRESS/TORONTO POLICE SERVICES

▶ Kelly Pflug-Back is shown in an undated Toronto Police Services handout photo.

July 27 court date

Kelly Rose Pflug-Back, surrendered to police on Wednesday just hours after Toronto police issued a warrant for her arrest.

▶ **Allegations** Investigators allege Pflug-Back was an organizer of G20 violence that saw at least five police vehicles burned and storefront windows smashed on June 26.

Oil well cap will be OK in storm: Official

Tropical storm Bonnie expected to reach Gulf of Mexico by Saturday

The temporary cap on BP's ruptured oil well can stay closed even if ships evacuate the Gulf of Mexico during a tropical storm, the federal government's oil spill chief said Thursday.

Growing confidence in the experimental cap's security convinced scientists it was safe to leave it unmonitored for a few days, Retired Coast Guard Adm. Thad Allen said. Work on plugging the well is at a standstill just days before the expected completion of a relief tunnel to permanently stop the free-flowing crude. THE ASSOCIATED PRESS

Killing well

Key ships stationed over BP's crippled well were ordered to evacuate Thursday ahead of tropical storm Bonnie.

▶ **Timetable** It could be two weeks before workers can resume the effort to kill the well. BP's timetable originally called for finishing the relief tunnel by July's end and plugging the well by early August.

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KHALIL HAMRA/THE ASSOCIATED PRESS

▶ Gaza kids seek a Guinness record — in ball bouncing.

Gaza's blowtorch war

Smugglers cut hundreds of holes in underground steel wall designed to stop them But as Israel's blockade eases, smuggling takes a hit

Smugglers who sneak consumer goods, cash and weapons into the blockaded Gaza Strip have cut hundreds of holes in an underground steel wall Egypt is building along the border to try to stop them.

TV footage filmed before dawn Thursday showed one smuggler cutting through the barrier with a blowtorch.

The smuggler, his face covered by a scarf, said it took him five hours to breach the obstacle.

Hundreds of tunnels running under the Egypt-Gaza border deliver consumer goods to the Hamas-run territory, bypassing a blockade imposed by Israel and Egypt three years ago.

In recent weeks, Israel has eased its blockade by allowing most consumer goods into Gaza again through land crossings.

Smugglers say they are more concerned about competition from legitimate imports than about the wall.

THE ASSOCIATED PRESS

News in brief

Port lockout set to end

MONTREAL. A lockout at the Port of Montreal is set to end Saturday morning, officials announced late Thursday. The suspension of operations was brought to a close by an agreement between management and workers. The longshoremen were locked out Monday by their employers over pressure tactics used in their contract dispute.

THE CANADIAN PRESS

Log on, mind the noisy loon

LAKE HURON. The call of the loon could be drowned out by the click of the keyboard at some provincial parks in Ontario. The agency that runs the parks is experimenting with wireless Internet service at Pinery Provincial Park on Lake Huron.

THE CANADIAN PRESS

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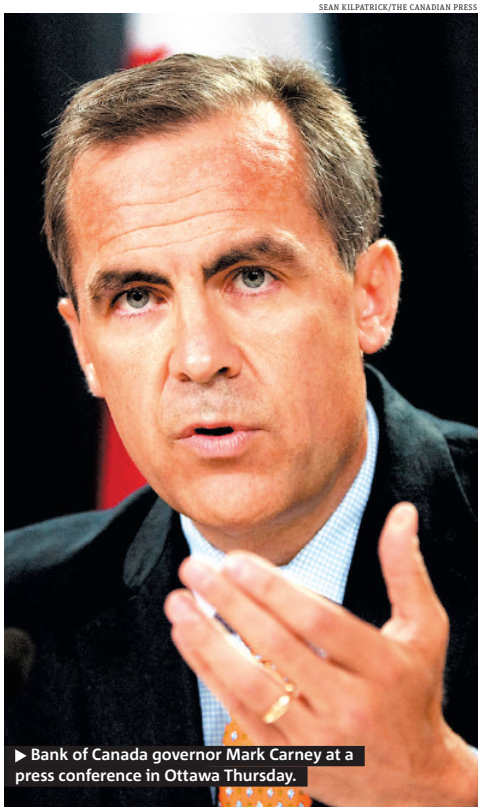
Economy starting to falter: BoC report

SEAN KILPATRICK/THE CANADIAN PRESS



▶ Bank of Canada governor Mark Carney at a press conference in Ottawa Thursday.

- Employment up, but not incomes
- Predicts dollar will stay lower

Canada's economy is slowing much faster than previously expected, the Bank of Canada said yesterday in a bleak outlook that stresses mounting risks from Europe's debt crisis and a possible global stall.

Still, the bank said it does not expect to backtrack on its current trend to higher short-term interest rates. Bank of Canada's key rate has risen half a point since early June, including a quarter-point hike Tuesday.

The Bank of Canada's benchmark rate remains extremely low by historical standards, after it was lowered to a record low of 0.25 per cent in mid-2009 to stimulate borrowing and the help the economy recover from a major recession.

The 28-page document makes clear that the Bank of Canada's governing council sees conditions in Canada and around the world deteriorating since its last assessment in April, and risk factors intensifying.

"Private demand around the world may be insufficient to sustain the recovery."
BANK OF CANADA REPORT

Canada's economy is already in the midst of a sharp pullback compared with the strong 6.1 per cent acceleration that occurred in the first three months of 2010, the bank says.

It estimates the just-ended second-quarter growth will come in at three per cent, almost a full percentage point below what the April forecast.

The report points to risks stemming from the European crisis, lower growth in China, high unemployment, loss of confidence, weak consumer demand and businesses too fearful to invest in the future.

THE CANADIAN PRESS

Census loss may affect central bank

Canada's central banker says the institution will be reviewing how the loss of the long census will impact its work.

And Mark Carney says the Bank of Canada may need to search out other sources of information.

The Conservative government recently decided to replace the mandatory long census with a voluntary survey, a move that many critics have said will affect the quantity of useable data.

The governor says the bank does not use the raw data from the census.

But Carney says the census data could impact the accuracy of unemployment, household income and productivity statistics put out by Statistics Canada.

Carney had high praise for the agency, a day after the chief statistician resigned over the elimination of the long census.

THE CANADIAN PRESS

BRIDGES TO NOWHERE

Other people's money

DAVID DESCÔTEAUX

A bridge isn't a "stimulus." It's a bridge.

I am driving my car. I turn right ... congestion. Road repairs — one lane closed. No problem, I know a detour. Turning left ... jammed again. Bridge repair — two lanes closed. Now, I'm starting to get cranky. Then a road sign makes it all better: The $12 million to fix the bridge will "stimulate the economy." And create 32.6 jobs!

Only problem: it's not true.

Whether you're driving in Montreal, Toronto or Vancouver, it's the same. Construction sites ravage the streets. This year alone, governments will spend almost $10 billion in infrastructure stimulus funding — about $550 per Canadian taxpayer. To "save" us from an economic crisis that, according to most "experts," is over (or hasn't begun yet here).

True, in parts of the country bridges are cracking and roads are filled with potholes. When we need to wear hockey helmets and elbow pads to drive to work, these collective investments make sense. But stop saying it will boost the economy.

How could these projects absorb the coming masses of unemployed? A former McDonald's manager cannot turn into a cement layer overnight. What if most of the laid-off workers come from the service sector? Will a former accountant go level the roadbed of the QEW in Ontario? I hope not.

Also, there is no such thing as a free lunch. Every dollar the government spends must be taken from your pockets at some point. If a bridge costs a million dollars, you and I have a million less to spend (for buying a bike or a car, eating at a restaurant, etc.). Every job created by the new bridge destroys another job elsewhere in the economy.

Truth is: Instead of regularly investing in bridge and road maintenance, our governments chose over the years to spend the money elsewhere. After all, giving a juicy subsidy to a noisy interest group buys you more votes than paving a section of road in Nowheresville.

"If a bridge costs a million dollars, you and I have a million less to spend."

The result of this neglect: This summer, the country will be overrun by construction sites.

In addition to angering motorists, this supposed "stimulus plan" runs the risk of overheating the construction industry. Contractors are already busy. If we triple the number of project tenders, contractors may well decide to raise their prices when bidding for them. Will taxpayers get enough bang for their "stimulus" bucks?

We all want nice roads and bridges. But stop taking people for idiots. A bridge is not a recovery plan. It's a bridge.

Market moment

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▶ Guy Harrison

5 MINUTES WITH: GUY HARRISON

Ottawa luthier Guy Harrison makes and repairs violins, violas and cellos. He also studies and copies antique instruments. One of his creations just won a bronze medal at Germany's Mittenvald Violin Making Competition.

You started working on violins at age 13. Where did the passion come from?
I was playing the violin but I was always more interested in how they were made. So I worked in a violin shop part time, then I went to school because violin making is not something you can really teach yourself.

What is the oldest violin you have ever laid eyes on?
Just last year I was down at a museum in the U.S. and I was looking at violins made around 1550, 1560, in that period. There are no earlier violins than 1550. That's the beginning of the violin.

Can you tell a really good violin from a really cheap violin, even if the player is terrible?
That's a good question. The player has a huge effect on the sound, so even the best violin with a bad player will sound bad — and with a bad violin, I guess it sounds even worse. A $10-million violin or a $300 violin, with a very good player, both sound very good. The really key difference is that the player is working much harder on the cheaper violin to make a great sound. For a professional musician, playing so many hours a day, that starts to wear them down, and you get injuries.

In copying antiques, is there a balance between adhering to how the originals were made and modern technology and tools?
Yeah, I definitely do use a lot of old techniques and I'm very interested in how the old violins were made. At the same time, I'm also measuring the frequency of various parts with my laptop and microphones, so there's a real sort of peculiar mix in a violin shop. If you look at my bench I have a lot of old tools which would look exactly the same as a 300-year-old bench, but at the same time I still have my preamp over there.
● STEVE COLLINS

Cartoon

MICHAEL DE ADDER

Hip to summer tunes

Letters & Tweets

We asked: What song is the soundtrack of your summer?

TORONTO. Without a doubt it has to be Bobcaygeon by The Tragically Hip. It's the kind of mellow escape that reminds me of summer, even in the worst winters.

It's the kind of song you take camping with you. It can be the soundtrack to every summer. You don't get songs more Canadian than that.
DEVIN GIBBONS

We asked: You win $2,500: How would you spend it?

TORONTO. With $2,500 I would probably return a portion to my mom, who loaned us some money recently, and treat my husband and I to a week at a cottage or mini getaway.

Even a night out in Toronto with dinner and accommodations would be great.
JUAN (JOANNE) COX

TORONTO. If I won $2,500 I would give it all to my sister so she can complete her private pilot's licence training.
KIMBERLY ANN KUKORAITIS

CALGARY. If I won $2,500, I would put that money in my daughter's RESP account so it could be used towards her education when she grows up.
SHELDON REGO

The sound of Canadiana

TORSTAR NEWS SERVICE FILE

Finish this line: To be truly happy you must ...?

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Metro Minute with opera under stars

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Three days to play

DO YOU THINK JAIL TIME IS GOING TO HELP LINDSAY LOHAN?

Natasha Waite
OTTAWA
Probably not. She's just done so many crazy things I just don't think it will help.

Isabelle Lecot
OTTAWA
Yes, it will help her to be more responsible when it comes to her own actions. And it will serve as a lesson to everybody that just because they are celebrities they won't go to jail.

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★★★★★
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LT Platinum Edition model shown††

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Chevrolet Aveo 5-door LS Sport with UF1, MSRP with freight, PDI & fees $16,659. Dealers are free to set individual prices. †Subject to Vehicle Redemption Allowances. Visit thegmcard.ca for more details including terms and conditions that apply to The GM Card Earnings and Redemption Program. The Toronto-Dominion Bank and its affiliates are not responsible for the GM Card Earnings and Redemption Allowance Program. ®Registered trade-mark of General Motors Corporation/Used under license. 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If you successfully complete the Retire Your Ride program, you will be eligible for a $300 cash incentive from the Canadian Government. Residents of Northwest Territories, Yukon or Nunavut are excluded from the Government's Retire Your Ride program and are therefore ineligible for GM Canada's Cash For Clunkers incentive.

HANDOUT PHOTO

▶ Steve Carell, left, and Paul Rudd re-unite for some more hilarity in Dinner for Schmucks.

Schmuck in middle of smart comedy

Once Dinner for Schmucks director Jay Roach showed him the funny, it was a 'no-brainer' for Rudd Film title's not controversial, Jewish star says

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

For Paul Rudd, the decision to star in Jay Roach's new comedy, Dinner for Schmucks, was an easy one.

"I thought the script was really funny," he says. "That was it. It was kind of a no-brainer."

Of course Rudd, who's built an impressive resume of smart comedies including Anchorman and Role Models, was just as enamoured with the man behind the camera as he was with the screenplay.

"One of the things I think is amazing about Jay is how versatile he is," Rudd says of Roach. "He's done so many funny movies and then he goes and does a movie like Recount, where he's just such a smart guy. He has all of this talent, yet he's the most self-effacing guy."

In Dinner for Schmucks, Rudd stars as Tim, an overextended finance worker looking to impress his boss (Bruce Greenwood). He's given a chance to do just that when he's invited to an exclusive dinner where the attendees bring the biggest idiot they can find. The schmuck with the most hilarious talent wins a trophy. Despite his moral hesitations, Tim can't help but think it's fate when he runs into Barry, a naïve simpleton played by Steve Carell — another aspect that made the film an easy choice for Rudd.

Some might have hesitations about a movie with "schmuck" in the title, but Rudd, who is Jewish, brushes off any controversy.

"My grandfather used to call me a schmuck all the time," he says. "You know, it's like the word 'putz.' When I was growing up, I thought the word 'putz' was a really funny word — 'Don't be a putz!' So I always thought a putz was just an idiot, but then my dad told me, 'A putz is a penis.' What's up with so many words that mean penis in Yiddish?"

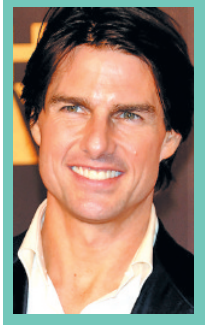
For movie trailers, listings, photos and tickets, visit metronews.ca/movies

Carell and his inner idiot

For Carell, getting in touch with his inner Schmuck was a blast. Used to playing bumbling on The Office, Carell even admits that he has some skills that could get him an invite to a real-life dinner for schmucks. "I play the baritone horn, so that could qualify me to get invited to one of these dinners," he says. "The baritone horn is like a mini tuba, and it's probably the least sexy instrument you could choose."

2 scene

In brief



Tom Cruise will appear on BBC's hit motor-themed TV show Top Gear. The Knight and Day star and Cameron Diaz will race in Kia Cee'd cars to see who can do the fastest lap.
THE ASSOCIATED PRESS

Scan code for to find out which 100-year-old actress is receiving top movie honours

Costner drops music lawsuit

Court records show Kevin Costner has dismissed a multimillion-dollar lawsuit against a music promoter he claimed failed to back his music career. The lawsuit against Mahee Worldwide Ventures Inc. was dismissed last week.
THE ASSOCIATED PRESS

Movie reviews

See it twice ●●●●● | See it now ●●●● | Worth Watching ●●● | Yawn ●● | Don't bother ●

Cold spies, hot thriller

Salt
Genre: Action/Thriller
Director: Phillip Noyce
Stars: Angelina Jolie
●●●●

Phillip Noyce's fast, gritty spy thriller Salt, starring Angelina Jolie as a CIA analyst suspected of being a Russian sleeper agent, could be flippantly called "Lady Bourne," and that wouldn't necessarily be an insult. It shares the better aspects of the Matt Damon franchise's "spy out in the cold" DNA. At the same time, Salt feels retro — in the best possible sense of the word — thanks in large part to something audiences haven't seen in a while: Russian bad guys.

With a tight script, some fun twists and fantastic stunts and action sequences, it would easily be smart summer fun already. Jolie fits perfectly into the title role, harnessing a mix of toughness and vulnerability that's served her well in her dramatic work as well as her more gunplay-heavy roles.
NED ERHBAR

The Kids Are All Right
Genre: Drama
Director: Lisa Cholodenko
Stars: Annette Bening
●●●●

After turning in a brilliant and raw performance in the little-seen Mother and Child this spring, Annette Bening nearly walks away with The Kids Are All Right as Nic, one half of a well-to-do lesbian couple raising their two teenage children in Los Angeles. The only thing stopping her from stealing the show completely is the

fact that she's up against Julianne Moore as her partner and Mark Ruffalo as the anonymous sperm donor brought into their lives by their children's curiosity.
NED EHRBAR

Ramona and Beezus
Genre: Drama
Director: Elizabeth Allen
Stars: Joey King
●●●

Beverly Cleary's childrens books about Ramona Quimby have been bedtime reading staples since the 1950s, yet oddly never made it to the big screen until now.

At times it's clear the story is from another era as characters display values, language, and behaviour that feel decades removed from

contemporary reality.

Director Elizabeth Allen clearly wanted to retain the spirit of the books, but ends up with something out of date that feels closer to a sitcom than reality.
PHIL BROWN

Now that school's out, Zac Efron gets serious

High School Musical heartthrob graduates to mature roles Handles emotions, sailing in Charlie St. Cloud

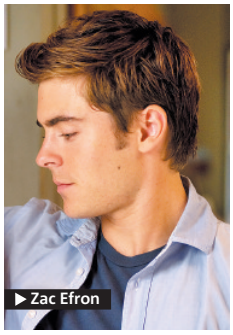
STEVE GOW
SCENE@METRONEWS.CA

This could be upsetting news for some of his most avid fans but Zac Efron may be growing too old for his High School Musical ways.

"I love the audience that I've had thus far," admitted Efron recently in Los Angeles to promote his new fantasy drama, Charlie St. Cloud.

"I feel like I can really talk with this generation and understand them and I want to make movies for them. But I think the best way to do that is not to do the same thing over and over again but to evolve with the audience."

For the young actor, that meant taking on the title role of Charlie — a young sailing prodigy


Zac Efron

who struggles to get past the accidental death of his younger brother. Based on a popular novel, the 22-year-old star admits it's definitely a move in a more serious direction.

"Everyone at some point in their life experiences loss," said Efron. "This is a story that comes from love and how even when someone moves on, a piece of them will always be alive inside your heart so it relates to everybody."

While playing a character that grieves in a unique way (he routinely meets the spirit of his sibling to toss a baseball around) may have proven emotionally challenging for the actor, Efron also had to learn to become an expert mariner — a pursuit that sounds much more gratifying.

"I never sailed before so I got the crash course," said Efron. "It was incredibly fun. Everyday we had a regimen — wake up, sail for six hours, come in sunburned and then sleep for the rest of the day."

Whoever claimed high school was the best years of one's life clearly wasn't living the life of Zac Efron.

Dog days of director

Brad Peyton knows the rules. "For directors, there's a list of things you're not supposed to do: kids and animals," he says. "The list goes on: robots, explosions, lots of visual effects."

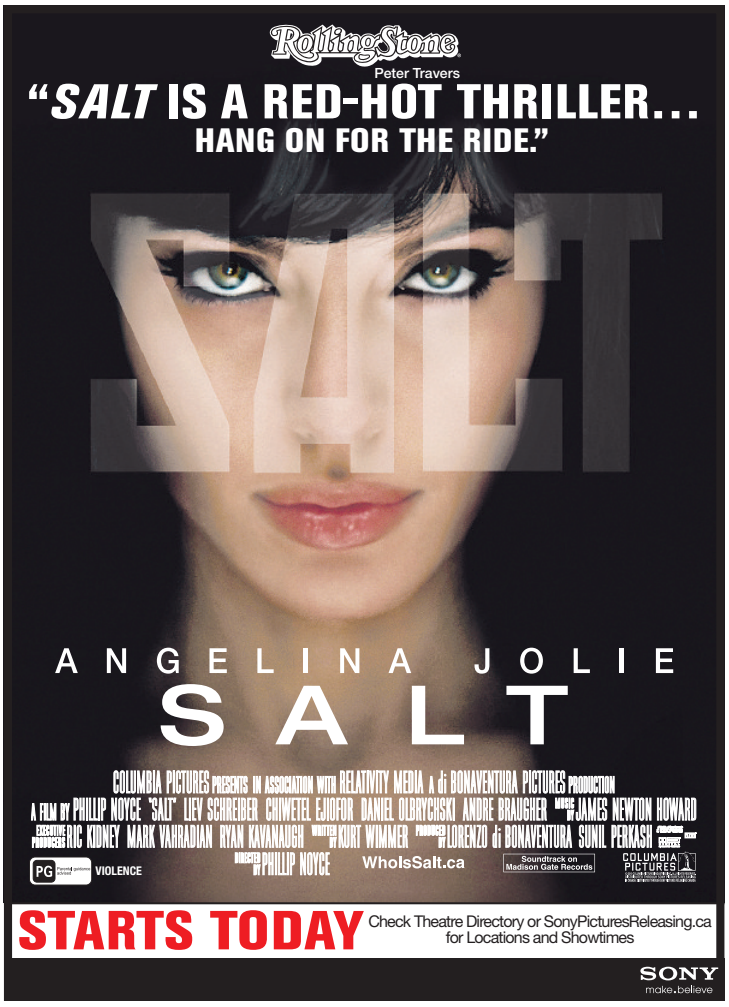
Peyton's first feature film, Cats and Dogs: the Revenge of Kitty Galore, the cast was almost entirely of the furry, four-legged variety and the spy-games plot called for plenty of robots, explosions and effects. And he's completely aware of how bold of a choice that was.

"It just felt like we pretty much put everything into the first movie," he admits.

Peyton quickly learned that when dealing with canine actors, he'd have to do a lot of the heavy lifting himself. "A dog walks into a room, doesn't know what an eye line is, doesn't have a clue what it's motivation is besides getting his food and hearing a squeaky toy," he says.

Luckily he also had a star-studded voice cast — and at least one live, upright actor on set — to help him feel human again. "When we got to Chris O'Donnell, I was like, 'Thank god. Four days of Chris O'Donnell, this is like such a reprieve,'" Peyton says with a laugh. "It was refreshing."

NED EHRBAR/MWN



THESE PAGES COVER MOVIE START TIMES FROM FRI., JUL. 23 TO THURS., JUL. 29. TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.

OTTAWA

BYTOWNE CINEMA
325 Rideau St., 613-789-3456

Exit Through the Gift Shop (14A) Fri 9:20 Sat 6:50 Sun 1:15-8:40 Mon 6:55 Tue-Wed 9:20 Thu 6:55
The Girl Who Played With Fire (18A) Fri 6:40 Sat 1:30-8:50 Sun 3:15 Mon 4:15-8:55 Tue 6:40 Wed 4 Thu 8:55
Rachel (PG) Fri 4:30
The Secret in Their Eyes (14A) Sat 4:10 Sun 6 Tue 4 Wed 6:40 Thu 4:15

CANADIAN FILM INSTITUTE
2 Daly Ave., Suite 120, 613-232-6727

The Earrings of Madame De ... (STC) Sat 7
No Films Showing Today (STC) Fri Sun-Thu

CANADIAN MUSEUM OF NATURE
240 McLeod St., 613-566-4700

A Modern Castle: The Rebirth of the Canadian Museum of Nature (STC) Fri-Thu 12:30
Modern Collective (STC) Fri-Thu 1
Reptiles and Amphibians (STC) Fri 10:30-11:30-1:30-2:30-4:30-6-7 Sat-Wed 10:30-11:30-1:30-2:30-4:30 Thu 10:30-11:30-1:30-2:30-4:30-6-7

CENTRETOWN MOVIES
Dundonald Park, 512 Somerset St. W., 613-232-1534, centretownmovies.org

Listings not available at press time.

COLISEUM OTTAWA
3090 Carling Ave., 613-596-9475

The Big Four: Anthrax, Megadeth, Metallica, Slayer Encore (STC) Mon 6:30
Despicable Me (PG) No Passes Fri-Thu 12:50-4-6:50-9:20
Despicable Me 3D (STC) No Passes Fri-Thu 12:20-2:50-5:15-7:50-10:15
Grown Ups (PG) Fri-Sat 12:40-3:40-6:40-9:10 Sun 12:40-3:40-9:50 Mon 12:40-3:40-7:15 Tue 12:40-3:40-6:40-9:10 Wed 12:40-3:40-9:55 Thu 12:40-3:40-6:40-9:10
Inception (PG) No Passes Fri-Thu 11:30-12-1-3-3:30-4:30-6:30-7-8-10-10:30
Knight and Day (PG) Fri-Sat 1:20-4:20-7:10-9:50 Sun 1:20-4:20-7:05 Mon 1:20-4:20-9:50 Tue-Thu 1:20-4:20-7:10-9:50
The Last Airbender (PG) Fri-Wed 1:10-4:10-7:05-9:35 Thu 4:10-7:05-9:35 Star & Strollers Screening Thu 1
The Metropolitan Opera: Madama Butterfly Encore (STC) Wed 6:30
Predators (14A) Fri-Thu 1:40-4:50-7:40-10:25
The Sorcerer's Apprentice (PG) No Passes Fri-Thu 1:30-4:40-7:30-10:20
Toy Story 3 3D (G) Fri-Thu 12:30-3:50-7:20-10:05
The Twilight Saga: Eclipse (PG) Fri-Thu 12:10-3:20-6:20-9:15
WWE Money in the Bank 2010 (STC) Sun 8

EMPIRE 7 CINEMAS
111 Albert St., 3rd Floor, World Exchange Plaza, 613-233-0209

Agora (PG) Fri-Thu 12:30-3:35-6:30-9:25
Cyrus (14A) Fri-Thu 12:55-4-7-9:55
Despicable Me (PG) No Passes Fri-Sun 12:50-3:55-6:55-9:45 Mon-Thu 12:50-3:55-6:55-9:45
Grown Ups (PG) Fri-Sun 12:45-3:50-6:50-9:40 Mon 12:45-3:50-9:40 Tue 12:45-3:50-6:50-9:40 Wed-Thu 12:45-3:50-9:40
Inception (PG) No Passes Fri-Thu 12:25-3:30-6:40-9:50
Predators (14A) No Passes Fri-Sun 12:35-3:40-6:35-9:30 Mon-Thu 12:35-3:40-6:35-9:30
Toy Story 3 (G) Fri-Thu 12:40-3:45-6:45-9:35

MAYFAIR THEATRE
1074 Bank St., 613-730-3403, mayfair-movie.com

Babies (G) Mon 7 Thu 7
BMX Bandits (STC) Thu 9
Dark Star (STC) Fri 11:30
Firewalker (STC) Sat 11:45
Greendale (STC) Wed 9:10
Harry Brown (18A) Fri-Sat 9:15 Sun 7 Tue 9
Letters to Juliet (PG) Fri-Sat 7 Tue 7
The Long Goodbye (STC) Mon 9
Rust Never Sleeps (STC) Wed 7
Vhsundays (STC) Sun 9:15

▶ Leonardo DiCaprio was essential to the emotional story in Inception, says writer/director Christopher Nolan.

OTTAWA FAMILY CINEMA
710 Broadview Ave., 613-722-8218, familycinema.ca

Listings not available at press time.

RAINBOW CINEMAS
St. Laurent Centre, 1200 St. Laurent Blvd., 613-688-0850

Date Night (14A) Fri-Thu 10:30-9:20
Get Him to the Greek (14A) Fri-Thu 7-9:15
How to Train Your Dragon (PG) Fri-Thu 12:25-2:30
Iron Man 2 (PG) Fri-Thu 9:55-4:30-7:05-9:35
The Karate Kid (PG) Fri-Thu 10:20-1:05-3:50-6:40
Killers (PG) Fri-Thu 9:25
Marmaduke (G) Fri-Thu 10:10-12:10-2:35-4:50
Robin Hood (PG) Fri-Thu 12:35-3:30-6:30
Sex and the City 2 (18A) Fri-Thu 8:50
Shrek Forever After (PG) Fri-Thu 10:05-12:15-2:25-4:40-6:50

RIDEAU CENTRE CINEMAS
50 Rideau St., 613-234-3712

Inception (PG) Dolby Stereo Digital, No Passes Fri-Thu 1:30-4:30-8
The Sorcerer's Apprentice (PG) SDDS Digital, No Passes Fri-Thu 1:15-4-6:45-9:20
The Twilight Saga: Eclipse (PG) Dolby Stereo Digital Fri-Thu 1-3:45-6:30-9:15

SOUTH KEYS
2214 Bank St., 613-736-1115

Despicable Me (PG) No Passes Fri-Thu 11:10-2:20-5-7:40-10:10
Despicable Me 3D (STC) No Passes Fri-Thu 10:45-1:20-4-6:40-9:10
Grown Ups (PG) Fri-Thu 10:35-1:10-3:50-6:50-9:50
Inception (PG) No Passes Fri-Thu 10:15-10:50-11:30-1:35-2:05-3-4:45-5:20-6:30-8:15-9:30-10
Knight and Day (PG) Fri-Thu 12:30-3:30-6:45-9:20
The Last Airbender (PG) Fri-Thu 10:25-1-4:05-7:05-9:45
Predators (14A) Fri-Thu 10:40-1:30-4:10-6:55-9:55
The Sorcerer's Apprentice (PG) No Passes Fri-Thu 11:15-1:55-4:35-7:25-10:05
Toy Story 3 3D (G) Fri-Thu 10:30-1:25-4:20-7-9:35
The Twilight Saga: Eclipse (PG) Fri-Thu 10:20-1:15-4:15-7:15-10:15

GATINEAU

CANADIAN MUSEUM OF CIVILIZATION
100 rue Laurier, 819-776-7010

Avatar 3D (G) Fri-Sun 8:40 Thu 8:40
Hubble 3D (STC) Fri 11:2:45-5:25 Sat-Sun 11-2:15-5:25-7:35 Mon 11-2:15-3:20 Tue 11-2:15-3:20-7:35 Wed 11-2:15-3:20 Thu 11-2:15-3:20-7:35 Fri 1:10-7:35 Sat-Sun 1:10 Mon 1:10-7:35 Tue 1:10 Wed 1:10-7:35 Thu 1:10
Ride Around the World (STC) Fri 3:20 Sat 9:50-3:20 Sun 3:20 Mon-Thu 5:25 Fri-Thu 4:20
Sharks 3D (STC) Fri-Mon 12:05-6:30 Tue-Wed 12:05-6:30-8:40 Thu 12:05-6:30 Fri 9:50 Sun 9:50 Mon 9:55-8:40 Tue-Thu 9:55

CINÉ-CAMPUS UQO
283 rue St-Jean-Bosco, 819-773-1888

CINÉMA DES GALERIES D'AYLMER
400 boul. Wilfrid-Lavigne, 819-248-2526

Despicable Me 3D (G) Fri-Thu 1:20-3:30-7-9:10
Inception (G) Fri-Thu 1-4-7
The Sorcerer's Apprentice (G) Fri-Thu 1:30-3:50-7:10-9:30
The Twilight Saga: Eclipse (G) Fri-Thu 1:10-3:40-6:50-9:20

CINÉ-STARZ
1100 boul. Maloney Ouest, 819-568-8000

Les Amours Imaginaires (G) Fri-Thu 3:25-5:15-7:05
Dragons (G) Fri-Thu 12
Le Karate Kid (G) Fri-Thu 1:35-4-7-9:25
L'Enfant Prodige (G) Fri-Thu 5:05-8:45
Marmaduke (G) Fri-Thu 12-1:45-3:20
Petite Vengeance Poilue (G) Fri-Thu 12-1:40
Robin des bois (G) Fri-Thu 9
Shrek 4, Il Etait une Fin (STC) Fri-Thu 12-1:40-3:20-7
Tuer Pour Aimer (G) Fri-Thu 5-7-9

CINÉ-PARC TEMPLETON DRIVE-IN
1779 boul. Maloney Est, 819-663-0915

The A-Team (G) Fri-Tue
Jonah Hex (G) Fri-Tue
Knight and Day (G) Fri-Tue
No Films Showing Today (STC) Wed-Thu
Piché: Entre Ciel et Terre (STC) Fri-Tue

GATINEAU 9
120 boul. de l'Hôpital, 819-568-6070

Le Dernier Maître de l'Air (G) Fri-Thu 12:40
Detestable Moi (G) Fri-Thu 1-3:45-6:50-9:05
Grandes Personnes (G) Fri-Thu 1:10
Histoire de Jouets 3 3D (STC) Fri-Thu 12:30-3:10-7:20-10
L'Apprenti Sorcier (G) Fri-Thu 1:20-4-7-9:40
Origine (G) Fri-Thu 12-3:15-6:30-9:30
Piché: Entre Ciel et Terre (STC) Fri-Thu 12:20-3-3:50-6:40-7:15-9:10-9:50
Les Predateurs (13+) Fri-Thu 12:50-3:35-7:05-9:35
La Saga Twilight: Hésitation (G) Fri-Thu 12:10-2:45-3:25-6:20-7:10-9-9:45

STARCITÉ HULL
115 boul. du Plateau, 819-770-1090, cinemasfortune.ca

Despicable Me (G) No Passes Fri-Thu 12:45-3:05-5:25-7:45-10:05
Detestable Moi 3D Numerique (G) No Passes Fri-Thu 11:55-2:15-4:35-7:10-9:30
Grown Ups (G) Fri-Tue 12:25-2:55-6:50-9:20 Wed 12:25-2:55-6:50 Thu 12:25-2:55-6:50-9:20
Histoire de Jouets 3 (STC) Fri-Thu 12:35-3:30-7:05-9:35
Inception (G) No Passes Fri-Tue 11:30-12-2:45-3:15-6:30-7-9:45-10:15 No Passes Wed 11:30-12-2:45-3:10-6:30-7-9:45-10:15 No Passes Thu 11:30-12-2:45-3:15-6:30-7-9:45-10:15
Knight and Day (G) Fri-Tue 12:40-3:25-7:25-10:10 Wed 12:40-3:25-10:10 Thu 12:40-3:25-7:25-10:10
L'Apprenti Sorcier (G) No Passes Fri-Tue 12:30-3:20-7:15-9:50 No Passes Wed 12:30-3:20-7:15-9:45 No Passes Thu 12:30-3:20-7:15-9:50
The Last Airbender 3D (G) Fri-Thu 11:50-2:30-5:7:35-10:25
The Metropolitan Opera: Madama Butterfly Encore (STC) Wed 6:30
Origine (G) No Passes Fri-Tue 11:45-3-6:45-10 No Passes Wed 11:45-3-6:45-9:55 No Passes Thu 11:45-3-6:45-10
Piché: Entre Ciel et Terre (STC) Fri-Thu 12:10-2:40-6:40-9:15
Predators (13+) Fri-Thu 12:20-2:50-7:40-10:30
La Saga Twilight: Hésitation (G) Fri-Thu 12:15-3:10-6:35-9:25
The Sorcerer's Apprentice (G) No Passes Fri-Thu 11:40-2:20-7:30-10:20
Toy Story 3 3D (STC) Fri-Thu 12:05-2:35-7:20-9:55
The Twilight Saga: Eclipse (G) Fri-Thu 11:35-2:25-6:55-9:40

BARRHAVEN

BARRHAVEN CINEMAS
131 Riocan Dr., 613-825-2463

Despicable Me (PG) No Passes Fri-Thu 12:40-3:50-6:40-9:10
Grown Ups (PG) Fri-Thu 1-4-6:50-9:30
Inception (PG) No Passes Fri-Thu 12-3:30-7-10:20
The Last Airbender (PG) Fri-Thu 1:20-4:10-7:30-10:10
The Sorcerer's Apprentice (PG) No Passes Fri-Thu 12:20-4:20-7:20-10
Toy Story 3 3D (G) Fri-Thu 1:10-4:30-7:10-9:50
The Twilight Saga: Eclipse (PG) Fri-Wed 12:50-3:40-6:30-9:20 Thu 3:40-6:30-9:20 Star & Strollers Screening Thu 1

GLOUCESTER

SILVERCITY
2385 City Park Dr., 613-688-8800

Despicable Me (PG) No Passes Fri-Tue 12:40-3:35-6:45-9:30 No Passes Wed 3:35-6:45-9:30 No Passes Thu 12:40-3:35-6:45-9:30 Star & Strollers Screening, No Passes Wed 1
Despicable Me 3D (STC) No Passes Fri-Thu 11:50-2:30-5:15-7:45-10:25
The Girl Who Played With Fire (18A) Fri-Thu 11:40-2:50-6:35-9:50
Grown Ups (PG) Fri-Tue 12:35-3:25-6:10-8:45 Wed 12:35-3:25-9:20 Thu 12:35-3:25-6:10-8:45
Inception (PG) No Passes Fri-Thu 11:30-1-2-3-4:30-5:30-6:30-8-9-10
Inception: The IMAX Experience (PG) No Passes Fri-Thu 12-3:30-7-10:30
Knight and Day (PG) Fri-Tue 12:25-3:40-6:25-9:10 Wed 12:25-3:40-9:10 Thu 12:25-3:40-6:25-9:10
The Last Airbender 3D (PG) Fri-Thu 12:20-3:15-6:20-9:25
The Metropolitan Opera: Madama Butterfly Encore (STC) Wed 6:30
Predators (14A) Fri-Thu 1:10-4-7:10-9:40
The Sorcerer's Apprentice (PG) No Passes Fri-Thu 12:05-1:25-2:45-4:15-6:50-7:25-9:45-10:10
Toy Story 3 (G) Wed 6:40
Toy Story 3 3D (G) Fri-Tue 11:35-2:15-5:7:40-10:20 Wed 11:35-2:15-10:20 Thu 11:35-2:15-5-7:40-10:20
The Twilight Saga: Eclipse (PG) Fri-Sat 12:10-3:10-6-8:50 Sun 12:10-3:10 Mon-Thu 12:10-3:10-6-8:50 Fri-Thu 1:15-4:10-7:15-10:05
WWE Money in the Bank 2010 (STC) Sun 8

ORLEANS

EMPIRE THEATRES ORLEANS 6 CINEMAS
3752 Innes Rd., 613-830-4400

Despicable Me 3D (STC) No Passes, Dolby Stereo Digital Fri-Sun 1-4-6:30-9:30 Dolby Stereo Digital Mon-Thu 1-4-6:30-9:30
Grown Ups (PG) Dolby Stereo Digital Fri-Thu 12:20-3:20-6:20-9:20
Inception (PG) Dolby Stereo Digital, No Passes Fri-Thu 12:30-1:15-3:45-4:15-7-8-10:15
Knight and Day (PG) Dolby Stereo Digital Fri-Thu 12:40-3:30-7:20-9:45
The Last Airbender 3D (PG) Dolby Stereo Digital Fri-Thu 12:50-3:55-6:40-9:40
Predators (14A) Dolby Stereo Digital Fri-Thu 1:10-4:10-6:50-9:50
The Sorcerer's Apprentice (PG) Dolby Stereo Digital Fri-Thu 12:55-3:40-7:30-10
Toy Story 3 3D (G) Dolby Stereo Digital Fri-Thu 1:20-3:50-6:25-9
The Twilight Saga: Eclipse (PG) Dolby Stereo Digital Fri-Thu 12:15-3:15-6:15-9:10

KANATA

KANATA 24
801 Earl Grey Dr., 613-599-1200

The A-Team (PG) Fri-Wed 10:35-1:20-4:10-7:05-10 Thu 10:35-1:20
Despicable Me (PG) Special Engagement Fri-Sun 11-1:30-4-6:30-9 Mon-Thu 11-1:30-4-6:30-9 Special Engagement Fri-Sun 11-12:15-1:30-2:45-4-5:15-6:30-7:45-9-10:15 Mon-Thu 11-12:15-1:30-2:45-4-5:15-6:30-7:45-9-10:15
Despicable Me 3D (STC) Special Engagement Fri-Thu 10:30-11:30-2-4:45-7:15-9:45
Get Him to the Greek (14A) Fri-Thu 10:50-4:20-10:05
Grown Ups (PG) Fri-Thu 11:15-2:05-4:45-7:25-9:55
Hotel for Dogs (G) Special Engagement Tue 10
Inception (PG) Special Engagement Fri-Sat 10:30-11-11:30-12:15-12:45-1:45-2:15-2:45-3:30-4-5:15-5:45-6:15-7-7:30-8:30-9-9:30-10:15-10:45 Special Engagement Sun-Thu 10:30-11-11:30-12:15-12:45-1:45-2:15-2:45-3:30-4-5:15-5:45-6:15-7-7:45-8:30-9-9:30-10:15
Iron Man 2 (PG) Fri-Thu 1:25-7:10
The Karate Kid (PG) Fri-Thu 11:45-3:15-6:45-9:50
Knight and Day (PG) Fri-Thu 10:45-1:35-4:25-7:20-10:10
The Last Airbender (PG) Fri-Thu 11:40-2:10-4:50-5:50-7:35-10:05
The Last Airbender 3D (PG) Digital, Special Engagement Fri-Thu 1:10-4:05-7:05-9:35
Predators (14A) Special Engagement Fri-Sun 10:55-11:25-1:45-2:25-4:30-5:05-7:20-7:50-9:55-10:25 Mon-Wed 10:55-11:25-1:45-2:25-4:30-5:05-7:20-7:50-9:55-10:25 Thu 10:55-11:25-1:45-2:25-5:05-7:50-10:25
Robin Hood (PG) Fri-Wed 12:25-3:45-7:10:20 Thu 12:25-3:45
The Sorcerer's Apprentice (PG) Special Engagement Fri-Thu 10:50-11:35-1:30-2:15-4:15-5-7:15-7:45-10-10:30
Toy Story 3 (G) Fri-Mon 11:10-1:50-4:35-7:10-9:50 Tue 1:50-4:35-7:10-9:50 Wed-Thu 11:10-1:50-4:35-7:10-9:50
Toy Story 3 3D (G) Special Engagement Fri-Thu 10:40-1:20-4:05-6:40-9:20
The Twilight Saga: Eclipse (PG) Fri-Thu 10:35-1:35-4:35-7:35-10:25 Fri-Thu 10:35-11:20-1:35-2:20-4:35-5:20-7:35-8:35-10:25

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Chris Isaak

Television
Unless this is some sort of Wicked Game, rumour has it that the folks at American Idol are reportedly considering Chris Isaak as a replacement for Simon Cowell for the 10th season of the hugely successful singing competition, according to the Hollywood Reporter. Insiders say Isaak has already met with producers twice, though no decision has been made. They are also reportedly considering Harry Connick Jr., who has appeared as a mentor on the program. And despite his lobbying for the position in the press, Poison frontman Bret Michaels is out of the running, sources say.
METRO NEWS SERVICE

Comic-Con

Culture
Movie buffs, comic-book collectors, sci-fi fans and nerds and geeks of all stripes have taken over this San Diego for Comic-Con, the city's annual pop culture convention. Now in its 41st year, Comic-Con draws more than 120,000 fans for a four-day event showcasing upcoming movies, TV shows and video games, along with toys, collectibles, costumes and comic books.
THE ASSOCIATED PRESS

Batman: Under the Red Hood

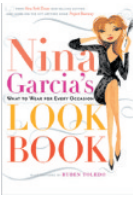
DVD
No need to wait for Christopher Nolan to finish his next Dark Night film. This animated tale is set to be released on Blu-Ray on Tuesday by Warner Brothers, and sees Batman being stalked by a mysterious man wearing a red hood. **warnerbros.com**
METRO NEWS SERVICE

Stephen King, On Writing

Books
His books may be about curses, ghosts and the supernatural, but Stephen King has raked in the literary bucks over the years. In this book — now available in soft cover — the author is sharing his thoughts on the writing process in this memoir on the craft. Its been described as honest and inspirational.
simonandshuster.com
METRO NEWS SERVICE

Nina Garcia's Look Book

Advice
Not sure what to wear for that special occasion, or just for that trip to the grocery store? Garcia, a Project Runway judge, has compiled a tome — more than 300 pages — outlining a look for every occasion. Not only does she cover budget dressing, but she also offers tips on how fashionistas can break into the industry.
METRO NEWS SERVICE



Metro pick

GETTY IMAGES

▶ Mike Sorrentino, A.K.A. "The Situation"

A guide to living Jersey

CELEBRITY
Look's like Mike "The Situation" Sorrentino is adding to his body of work. The Associated Press reports the regular on the MTV reality show Jersey Shore will release a book in November. What will it be about? Yep, tanning salons and protein shakes. Publisher Gotham Books says it's the perfect guide to "living everyday like an episode of Jersey Shore."
METRO NEWS SERVICE

Clean Start

Beauty
Summer can be rough on your skin, so Dermalogica has come up with a Clean Start kit to help keep you looking your best — even in the midst of a melting heat wave. The kit comes with a foaming face wash, purifying toner, exfoliating scrub, an SPF 15 moisturizer and a overnight treatment for any sudden acne breakouts. cleanstart.dermalogica.ca or at Sephora locations.
METRO NEWS SERVICE

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Mix of Six

Movies

Transformers 2
Enjoy free Hollywood blockbusters under the night sky as Place D'Orleans hosts an open-air theatre in its parking lot. Bring your friends, family and lawn chairs to take in family-friendly Hollywood hits. Arrive early. July 24, Place D'Orleans Shopping Centre.

Family

Mackenzie King Estate summer season opening
Visitors to this 231-hectare estate can share William Lyon Mackenzie King's love of horticulture and landscaping while admiring the romantic Victorian gardens, the picturesque ruins and the Waterfall Trail. All weekend.

Orchestra

Orchestras in the Park
Canadian music 'It Girl,' 16-year-old singer-songwriter Nikki Yanofsky, sells out concerts around the world and is perhaps best known for her Olympic Games theme, I Believe. Don't miss this chance to enjoy her performing live. July 24, 7:30 p.m., LeBreton Flats Park.

Music

The Cliks and Hunter Valentine
Spectrasonic and Punkottawa.com present a Capital Pride 2010 Fundraiser featuring The Cliks, a Toronto-based garage rock band fronted by Lucas Silveira and a slew of guests, 9 p.m.. July 23, Mavericks at 211 Rideau St.

Festival

Egyptian Festival
St. Mary Coptic Church is hosting its annual Egyptian Festival, with entertainment, art, displays and a marketplace. Learn more about ancient Egypt. Friday, 6 to 10 p.m., Saturday, 11 a.m. to 7 p.m. and Sunday, 12 to 5 p.m., St Mary Coptic Church (1 Canfield Rd.)

Opera

Opera Under the Stars
Thrill to some of opera's most gorgeous and popular melodies. Sung by a spectacular all-Canadian cast, this evening features Isabel Bayrakdarian and Michael Schade, two of opera's most blazingly popular singers. July 23, 7:30 p.m., LeBreton Flats Park.

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Dark Night album finally sees light of day

Danger Mouse project carries heavy baggage Album delayed by legal issues and suicides of Mark Linkous and Vic Chesnutt

It's hard not to think of the long-awaited Dark Night of the Soul as a tragic album.

First delayed by legal wrangling, then indelibly marked by the suicides of co-creator Mark Linkous and contributor Vic Chesnutt, the album carried some heavy baggage when it finally came out last week.

Yet Brian Burton says he can separate the experience of listening to the album from the emotions he's left with since Linkous' death earlier this year. So when he hears his favourite cut, Revenge, and the way Flaming Lips frontman Wayne Coyne lays down a heartbreaking vocal, the producer who works as Danger Mouse flashes to one of his happiest moments with his close friend.

"It's just a great song," Burton said. "There's just something about it. And it makes me think of Mark a lot in a heavy kind of way, but I don't get sad about it. I just remember the two of us, when we first heard what Wayne did with it, us celebrating and everything. It was really great."

great depression

Burton said Linkous and Chesnutt examined the depths of their depression in their music, adding the kind of layers and complexity not often expected in pop music.

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With it's dark themes and haunting beauty, the album already cast a melancholy spell. Years in the making, it was highly anticipated and marked some of the best work in the very different careers of the men created it.

Yet viewed through the prism of real-life events, the album takes on deeper meaning. Linkous, who recorded and performed as Sparklehorse, and Chesnutt were critically acclaimed singer-songwriters who were destined to get their widest exposure yet upon the release of Dark Night.

Chesnutt, who forged a heralded and unlikely career following a car crash that left him mostly paralyzed, killed himself on Christmas after years of depression that included other suicide attempts. Linkous also dealt with depression and shot himself in March.

THE ASSOCIATED PRESS

GETTY IMAGES

▶ Dark Night of the Soul is the long-awaited album from Danger Mouse, pictured, and Sparklehorse.

SUMMER CONCERT SEASON LOOKING DISMAL

As I trooped into a Rush concert last week, I ran across a sign that read "$10 TICKETS! NO SERVICE CHARGE!!! TONIGHT ONLY!!!" Sting tickets were being offered at $40 while $20 would get me in to either the Slayer/Megadeth or Disturbed/Stone Sour double bills. "It's come to that, huh?" remarked a guy next to me.

Yes, it has. With CD sales in an irreversible death spiral, performers are hoping to make up the difference in revenue from tours. But with so many acts playing so many shows, there's a glut of gigs.

It's been especially tough in the U.S. The landscape is littered with canceled gigs (Eagles, Rihanna, Christina Aguilera) and tours that have been postponed. Meanwhile, others are limping along, discounting tickets and offering enticements (Free pizza!) to boost attendance.

And it's not just the economy. Fans are tired of high prices, service charges, overpriced VIP offerings and the nickel-and-diming that comes with the concert experience, like parking and concessions.

Fans are also frustrated by not being able to get good seats. No matter how fast they're on the phone or online, they know that the best seats magically end up with resellers and scalpers. They're also confused by some of the new ticket pricing models.

It's not all bad. Justin Bieber, Lady Gaga and Rush have been doing OK. But the summer of 2010 is going to be one most industry people would rather forget.

Sound Check

ALAN CROSS
SCENE@METRONEWS.CA

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▶ Brasstronaut's Mt. Chimaera is an album of techno-like precision.

Brasstronaut finds perfect balance of space and sound

- Band stripped down sound during artistic residency
- Album reflects meticulous approach to production

ROB MCMAHON
SCENE@METRONEWS.CA

Compared to the shuffling, acoustic sound of their debut EP, Brasstronaut's new album Mt. Chimaera is an album of techno-like precision.

The album came together during a winter artistic residency at the Banff Centre, where the band spent months stripping down layers of sound. Singer and keyboard player Edo Van Breemen explained the six-member group pruned what began as dense compositions, a challenging process much different than that used on 2008's Old World Lies.

"(Mt. Chimaera) took eight months to mix ... and became a very subtractive process. We had lots more overdubs on our initial recording, and it was hard to decide what to add and what to change," explained Van Breemen.

"The album was highly produced when compared to the EP, which had a looser, more organic sound."
EDO VAN BREEMEN

The resulting album reflects this meticulous approach to production — no surprise given Van Breeman's long-term interest in German techno. A careful balancing of sound and space recalls groups like Wilco or Spoon that focus on arrangements as much as individual instruments. Listen for the drop in Slow Knots leading to a keyboard and vocal-led breakdown and a rapid percussive burst. The elements may have emerged from the band's jam space, but they sound just as inspired from the dynamics of electronic music.

"(In production, we used an) intense layering of sound — of swirling sounds and textures — and in that way, the album is a little like electronic music. We focused on adding and subtracting elements in a way that comes out like techno," said Van Breeman. "I've always liked minimal German techno. I lived in Germany, and spent a lot of time in Europe as a kid, and so I'm drawn to that music."

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Striking the acting iron while it's hot

After the successful flick Away from Her, Gordon Pinsent stars in TV series The Pillars of the Earth, premiering Friday on The Movie Network

Veteran Canadian actor Gordon Pinsent says he was pleasantly surprised to be recognized by his more famous peers when he shot the upcoming eight-hour TV miniseries, The Pillars of the Earth, but laments not capitalizing on the buzz that surrounded his acclaimed 2006 film Away From Her by chasing Hollywood roles.

Pinsent, who plays the Archbishop of Canterbury in Pillars, says he missed an opportunity to take advantage of the critical success of Away From Her, which earned co-star Julie Christie a Golden Globe for best actress and writer/director Sarah Polley an Oscar nomination for best adapted screenplay.

"Good material is truly hard to find," says Pinsent, who arguably reached the pinnacle of his career with his acclaimed turn as a heartbroken husband in the Canadian indie film.

"Good material is hard to find. I haven't had anything since like that."
GORDON PINSENT

"I haven't had anything since like that."

The Newfoundland native, whose deep sonorous voice and dignified poise established him as a mainstay on Canadian stage and screen, wonders if his career would be different if he'd been more aggressive in the wake of global acclaim for the romantic drama.

"I didn't play the game very well," says Pinsent, who recently turned 80. "I should have gone down there and hung out and delivered papers or something, you know, to people. To set once and for all a reputation."
THE CANADIAN PRESS

▶ Gordon Pinsent plays a religious leader The Pillars of the Earth, set in 12 Century England.

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New show to replace As the World Turns

CBS will take a new view of daytime after the end of As the World Turns.

When the soap opera concludes its 54-year run in September, it will be replaced by an hour-long daily talk show with six celebrity co-hosts – all women, an echo of ABC's popular The View series.

CBS announced yesterday that the hosts of the as-yet untitled daytime show include Sharon Obourne; Sara Gilbert of TV's Roseanne' fame; Holly Robinson Peete from Celebrity Apprentice;' Broadway actress Marissa Jaret Winokur; Leah Remini of The King of Queens; and Julie Chen, who hosts CBS' Big Brother and The Early Show.

▶ Leah Remini will be one of the co-hosts on CBS' new daytime talk show.

Gilbert developed the program, which will be the network's only daytime talk show, and is its executive producer. It's set for a fall debut, but a specific date was not announced.

The show will take a moms' view of entertainment and news stories. The hosts all have children, ranging in age from infants to adults.

Chen will give up her Early Shorole but will continue to appear on the morning program, CBS News said. Chen, who is married to CBS Chief Executive Leslie Moonves, will remain as Big Brother host.

The decision to air the series was made by CBS Entertainment President Nina Tassler, CBS spokesman Chris Ender said.

THE ASSOCIATED PRESS

TV Picks

Secrets and Suspense

LIGHTS. On Friday Night Lights, Lions star player Luke becomes desperate for pain killers for his secret hip problem. (Friday, Global, NBC)

Season finale

SCI-FI. In the season finale of the sci-fi drama Doctor Who, the title character is trapped in the Pandorica prison box and his TARDIS transporter has been destroyed. (Saturday, Space)

Cinema charm

DRAMA. Daniel Day-Lewis, who recently received an honorary degree from the University of Bristol, elicits fiery California oil man in There Will Be Blood. (Saturday, IFC)

Cash-strapped

POOR HOUSE. On Scoundrels, will the Wests change their scheming ways and get legit jobs ? (Sunday, CTV, ABC)

New spin

4TH SEASON. Don Draper starts his own advertising agency amid upheaval on Mad Men. (Sunday, AMC)

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When Canuck cop shows compromise

PHOTO HANDOUT

▶ Global's Rookie Blue is a U.S.-Canada co-production

U.S. media outlets criticize Canadian-made TV for lack of maple flavour
Rookie Blue, Flashpoint and The Bridge called 'culturally compromised'

Canadian police dramas Rookie Blue, The Bridge and Flashpoint have all been recently enjoying rare U.S. network exposure, but they've also drawn fire from a couple of American TV journalists.

The beef? They think the shows aren't quite Canadian enough.

In a column entitled Copping Out in Canada, Boston Globe columnist Alex Beam offered a critique of what he called "culturally compromised Canadian cop shows," pointing to Global's Rookie Blue and CTV's The Bridge and Flashpoint.

All three are co-productions with American networks, and Beam suggested that the series sold their Canuck souls to amass a sizable audience south of the border.

"The actors speak generic North American. Nary an 'eh?' or 'aboot' passes their lips," he notes, adding that cops work for a "big city police force"' with "no identifying uniform or cruiser markings."

Those concerns were echoed in a mostly positive review of The Bridge in the Hollywood Reporter, which largely approved of the show but wondered: "Is there a reason a new cop show can't own its Canadian-ness?"

Flashpoint executive producer Anne Marie La Traverse says such criticisms are unwarranted.

"Although it's true that our cop cars don't say Toronto Police on them, we have Canadian flags on every uniform, we have the CN Tower in every single aerial shot we use, we name the streets," she said in a phone interview.

"We shoot hugely identifiable locations: the (Royal Ontario Museum), (the Ontario Science Centre). We can't be more specific. We've been unabashedly set in Toronto since the beginning. ...I think what he's accusing us of is being anti-Canadian. I'd love to know what a Canadian show is. This is a Canadian show."

As more Canadian shows are seen by U.S. viewers, it's becoming an increasingly relevant question.

Many have pinpointed the 2007 Writers Guild of America strike as the moment when U.S. networks began to look northward for content.

The Bridge co-producer Craig Bromell said his show chose to depict a generic Metro police service largely because the real Toronto police service didn't co-operate. But he also thought the anytown quality would make the show appealing to a larger audience.

"It could be Toronto, it could be anywhere in Canada, it could be any major police service anywhere and I really wanted ... to do that," Bromell said in an interview last year.

Rookie Blue star Gregory Smith said the backdrop of his show is also meant to be somewhat anonymous.

"It's set in Generica," he said last year. "It's kind of like Metropolis or Gotham: it's sort of set in this generic big city, but all the street names we use and everything are Toronto."

While the Canuck police dramas have come under fire for their lack of maple flavour, recent films have embraced their northern setting.

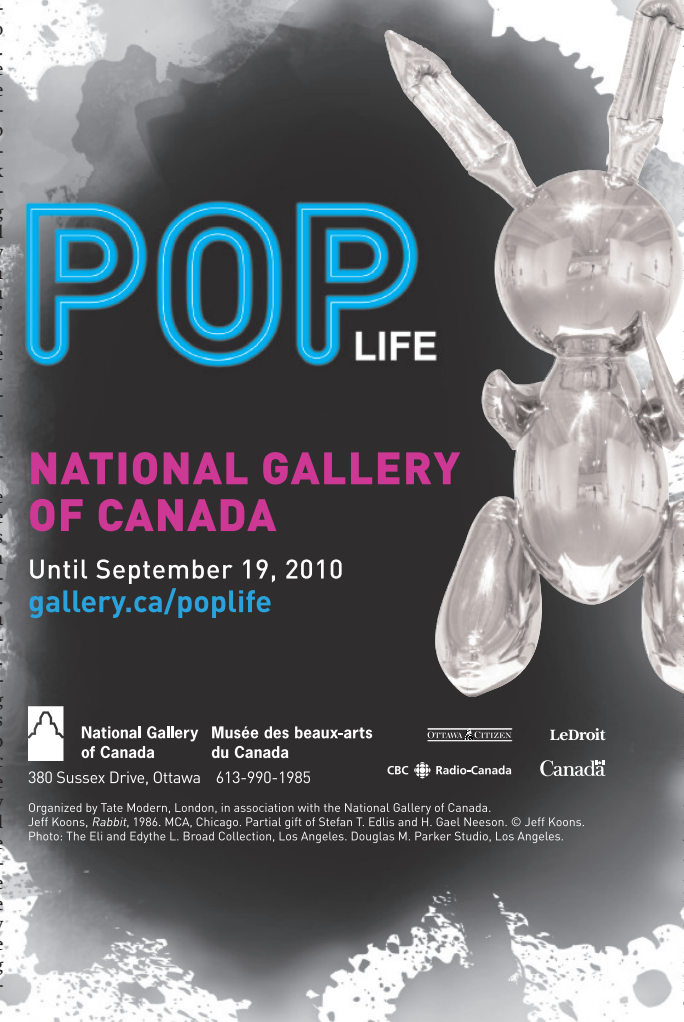
The upcoming Scott Pilgrim vs. the World — an international production directed by Britain's Edgar Wright — has drawn plaudits for keeping the story clearly in Toronto, the setting of the graphic novel on which the film is based.

Local touches whiz by in the film's popular trailer — a striped local bus, well-loved watering hole Sneaky Dee's, the Annex neighbourhood.

The book's creator, Bryan Lee O'Malley, says he wanted to show the city from his perspective, rather than that of a U.S. tourist.

"I just wanted to keep it natural," he said.

THE ASSOCIATED PRESS



Talking points

CBS pulls plug on The Bridge

DRAMA The Bridge will no longer be airing in the U.S. CTV, which airs the Toronto-shot series in Canada, says CBS has cut the show from its schedule, effective immediately.

CTV could not say why the American network made the move, but online reports say it got low ratings in its Saturday night slot south of the border.

THE CANADIAN PRESS

Jurors queried in Smith case

TRIAL Prospective jurors in the Anna Nicole Smith case are being asked about their own drug use and medical history.

The questionnaires was filled out yesterday in Los Angeles and the court expects to have a jury in place for opening statements on Aug. 4.

Smith's boyfriend and two doctors have pleaded not guilty to conspiring to give prescription drugs to the former Playboy model.

THE ASSOCIATED PRESS

American shows get stopped at the border

Can Canadians ever get too much American TV?

While the local television industry struggles to crack our own schedules, Canadian consumers often seem more vexed when they can't see an American show. Especially after they've seen it hyped on entertainment magazines, talk shows or even over the Internet. Canadians, after all, complain every year about not being able to watch American commercials on the Super Bowl broadcast.

The thirst for American fare was demonstrated again this summer when Canada was briefly out of the Betty White loop. The spunky sitcom legend, after a triumphant turn on Saturday Night Live,' made a much-hyped weekly TV return last spring on Hot in Cleveland. The comedy, which also stars sitcom veterans Valerie Bertinelli, Jane Leeves and Wendie Malick, originated exclusively on the U.S. cable version of TV Land.

For a week or two, no Canadian broadcaster picked up the series. Then CTV came to the rescue and nearly two million viewers flocked to the summer comedy.

Not every pick up of an American show is as rewarding for Canadian networks. While the process of "simulcasting" (airing a show at the same time as it airs on a U.S. channel) is generally an automatic way to boost ratings in Canada, picking up shows beyond the U.S. network base is often a gamble.

CTV had great luck poaching U.S. cable fare several years ago with The Sopranos and The Osbournes, but found fewer takers a few years later with one of the most acclaimed shows on American TV, Mad Men. The fourth season of that series returns Sunday night on AMC and AMC alone. While that specialty channel does cross the border, not every Canadian household subscribes to it, a disparity CTV was counting on when they acquired rights. What they found was that people who wanted to see what Don Draper and his '60s-era ad men were up to were already AMC subscribers.

THE CANADIAN PRESS

Summer heat

▶ The Canadian debut of Hot In Cleveland was the seventh most-watched show in the land the first week of July, topped only by FIFA World Cup championships, Big Brother and The Big Bang Theory.

Tapes continue to circulate online

Gibson is subjected to further ridicule as parody mash-ups, tweets and remixes hit the web

Since the celebrity website RadarOnline.com gradually released recordings purportedly of Mel Gibson, the tapes have been used for comedy fodder across the Internet, inspiring remixes, mash-ups and an endless stream of tweets.

The recordings reveal grim, ugly arguments between a man who sounds distinctly like Gibson and a woman identified by the site as his ex-girlfriend and mother of his child, Oksana Grigorieva. The anger and ethnic slurs make the tapes difficult to listen to.

Parody, though, has come easier.

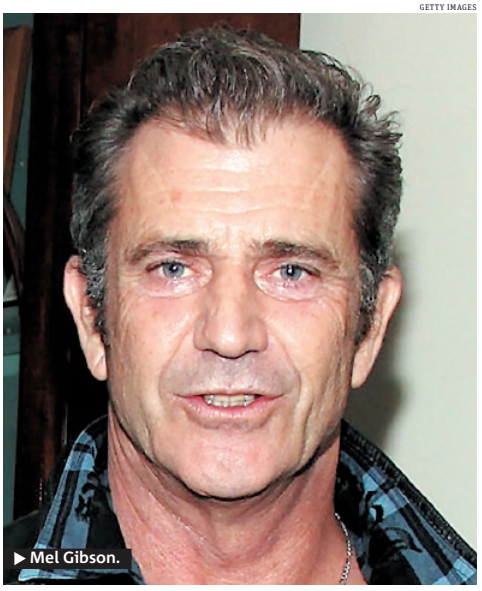
"It's the gift that keeps on giving," says Justin Stangel, who, with his brother Eric, is co-head writer and executive producer of Late Show With David Letterman."

"His tapes are so crazy, there's new areas to deal with everyday. It's fantastic. They really should have saved it for sweeps," Stangel said, referring to the period when ad time is priced for TV programming.

Late night shows have put the subject in heavy rotation, none perhaps as much at CBS' Late Show.

THE ASSOCIATED PRESS

GETTY IMAGES



▶ Mel Gibson.

Talking points

Elton concert postponed

HEALTH A bout of food poisoning has caused the postponement of Elton John's scheduled concert at Tucson Arena. The Arizona Daily Star reports that Wednesday night's show was nearly sold out with about 8,800 tickets purchased.

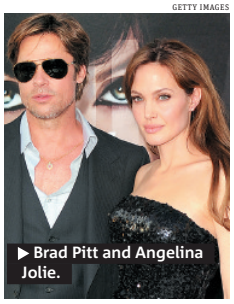
Singer Elton John.

Organizers say the British rocker will perform Thursday night instead. THE ASSOCIATED PRESS

Lohan dad accused of assault

ALLEGATIONS Michael Lohan is being accused of assaulting fiancée Kate Major during an argument earlier this week, according to TMZ. Major reportedly filed a claim with police in Long Island saying he kicked her in the face while she was on the ground. According to the website, Major documented the injuries with photographs and went directly to the hospital. METRO WORLD NEWS

GETTY IMAGES



▶ Brad Pitt and Angelina Jolie.

Pitt & Jolie settle UK newspaper case for undisclosed damages

Actors Brad Pitt and Angelina Jolie have accepted undisclosed damages in London's High Court to settle a privacy claim against a British tabloid that had reported they were planning to split.

The celebrity couple began legal action against the News of the World after it reported in January that they had agreed to separate.

The pair argued the newspaper had made false and intrusive allegations in saying that they had planned to divide assets worth US$320 million and had made arrangements regarding the custody of their six children.

The newspaper confirmed Thursday that a settlement had been reached.

THE ASSOCIATED PRESS

Celebrity tweets

Jessica Simpson
[@JessicaSimpson] It is official- I'm 30 and found a wrinkle. Damnit!!

Conan O'Brien
[@ConanOBrien] It's the hottest July on record in New York City, unless you count that summer I wore short shorts.

Russell Brand
[@rustyrockets] Want to be smashed in the undercarriage by a muscley coward? Why not try horse riding.

Paula Abdul
[@PaulaAbdul] Just find a quiet spot & take a few deep breaths! You deserve a moment...take it!

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3 life

There's nothing wrong with going back to the basics

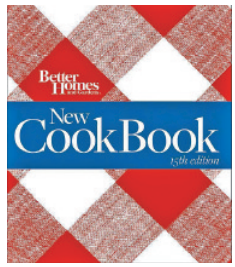
Cookbooks can teach you things you didn't know you needed to know ◆ You should never stop learning

Whether you're woefully inadequate in the kitchen or an accomplished cook looking for new challenges, some not-so-light summer reading will help you recapture the lost kitchen arts.

Start with The Better Homes and Gardens Cookbook, which sounds like the kind of thing new brides were given circa 1950. For years, an earlier edition has been a go-to source for sour cream pound cake, macaroni and cheese, casseroles with condensed soup (yes, really) and other traditional American fare.

The new 15th edition features 1,200 recipes — including more than 750 new ones — that put more emphasis on modern palates and busy lifestyles. A new chapter on convenience cooking offers healthy, economical weeknight meals, while new breakfast options include 10 different smoothies, from peanut butter to pomegranate.

A new "Make-It-Mine" feature suggests jazzing up those fuddy-duddy casseroles with kalamata olives, panko or mostaccioli pasta instead of plain egg noodles. A perfect book for beginners, it's also a handy reference for accomplished cooks.



Darina Allen has been called "the Julia Child of Ireland" and her book Forgotten Skills of Cooking is devoted to helping you master the art of eating from the land.

Chapters on foraging, preserving and dairy guide passionate cooks in reconnecting with the edibles under their noses. She encourages cooks to take on the tasks usually left to others, like harvesting wild greens, smoking fish or turning milk into cheese (or, yes, butter again).

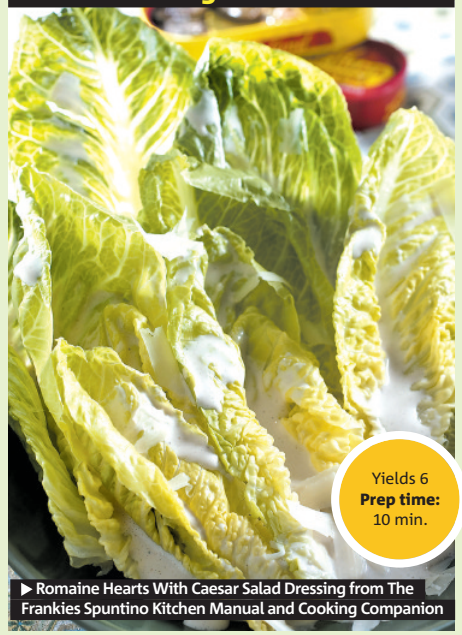
Gorgeous photos mingle with 700 recipes, including elderflower fritters, ketchup and hand-made sausages. Traditional fare like roast chicken stuffed with herb-seasoned bread sidles up alongside pheasant braised with Cork gin or duck gizzards sizzled in duck fat. A useful, beautiful and inspiring book for accomplished cooks who want to take their skills and appreciation further.

The Frankies Spuntino Kitchen Companion and Cooking Manual by Frank Falcinelli, Frank Castronovo and Peter Meehan uses simple Italian fare to reinforce the importance of excellent, basic ingredients and the need to get back in touch with them. Make your own pasta. Like, with your hands. Taste your pasta boiling water to see whether it is salty, rather than relying on measurements. And throw out those jars of sauce; making your own requires only five ingredients.

Written in an easy, conversational style, the book offers an accessible, sensible guide to making fresh, straightforward food. Cook, taste, eat.

THE ASSOCIATED PRESS

Romaine Hearts With Caesar Salad Dressing



▶ Romaine Hearts With Caesar Salad Dressing from The Frankies Spuntino Kitchen Manual and Cooking Companion

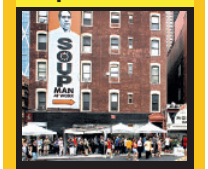
Ingredients :

- 3 romaine hearts
- 50 ml (1/4 cup) pecorino Romano, plus more for serving
- 125 ml (1/2 cup) mayonnaise
- 50 ml (1/4 cup) water
- 7 ml (1 1/2 tsp) red wine vinegar
- 1 clove garlic
- 1 anchovy
- 1 ml (1/4 tsp) Worcestershire sauce
- 1 ml (1/4 tsp) hot sauce
- 2 ml (1/2 tsp) ground white pepper
- Kosher salt and ground black pepper, to taste

Preparation:

1. Trim root ends of romaine, then wash and dry leaves. Refrigerate until ready for use.
2. In a food processor or blender, combine pecorino with mayonnaise, water, red wine vinegar, garlic, anchovy, Worcestershire, hot sauce and white pepper. Puree until smooth, adding water if needed. Season with salt.
3. In a large serving bowl, toss lettuce with dressing. Top with additional pecorino and season with black pepper.

Soup Man returns



The bisque is back. The soup stand that inspired the Soup Nazi episode on Seinfeld reopened in midtown Manhattan on Tuesday, six years after its famously brusque owner, Al Yeganeh, shut it down and licensed his recipes to a franchising company. More than 100 people were waiting in line for the noon reopening of the tiny storefront, including a few regulars who remembered the days when Yeganeh ladled broth and imposed discipline from behind the cramped counter..

THE ASSOCIATED PRESS

ScanLife

Find out how many Canadians have food allergies, and what is being done about it.

Creating the taste of tapas at home

Spain's delightful tradition of tapas has crossed the ocean and found a home in North America.

Simply put, tapas are hot or cold appetizers served in bars and restaurants with a glass of wine. And now home cooks can make them too with the release of a new cookbook devoted to the tasty morsels.

"You can spend an entire day languishing and enjoying tapas with beer or wine with friends and family," says Alex Raij, who with her husband Eder Montero is co-owner of two New York restaurants where tapas are served.

Txikito is their Basque restaurant serving cuisine of the Spanish region. Right across the street is El Quinto Pino, a 24-seat bar featuring signature multi-regional Spanish tapas.

Raij, a native of Argentina, and Montero, who is from Spain, contributed recipes to The Book of Tapas by Simone and Ines Ortega (Phaidon, $45, hardcover).

As spokesperson for the publication, which boasts more than 250 recipes and 150 illustrations, Raij is considered one of the foremost tapas chefs on the continent.

"We are very inspired by the regional cuisine of Spain and so many classic dishes are reflected in the tapas we create," she says. "That is what I love about tapas bars because they can make the creators think outside the box."

The book features authentic recipes for famous dishes like gambas al ajillo (garlic shrimp) and patatas bravas (potatoes with spicy sauce).

Spanish ingredients used to make the small bites include Serrano ham, salt cod, chorizo sausage, octopus as well as a selection of vegetables. The list is endless.

"A tapa can pack a lot of flavour," says Raij.

"How the chef combines the ingredients like a pepper, a piece of cheese with ham and the way it is stacked toasted or untoasted will completely change how that little bite tastes in your mouth," says Raij.

One of her favourites is croquettes, which can hold anything from salt cod to ham, potatoes, other vegetables or salmon. These are mixed with a thick white sauce and seasonings and formed into small cylinders, ovals or rounds. They are dipped in beaten egg and then breadcrumbs and deep-fried until crisp and brown.

"I don't think you can have a tapas restaurant without croquettes," says Raij.

THE CANADIAN PRESS

Chorizo Cooked In Wine

Here from the book is a very simple tapas recipe to try at home.

Ingredients:

- **400 g (14 oz) semi-cured cooking chorizo sausage**
- **1 l. (4 cups) dry red or white wine**

1. Slice chorizo into 2-cm (3/4-inch) slices. Heat a heavy pan and add chorizo.
2. Pour in wine to cover, bring to a boil, then reduce heat and simmer until nearly all the wine has evaporated.
3. Serve hot, spearing each slice with a cocktail stick (toothpick).

Italian Panzanella Salad

This classic Tuscan bread-and-tomato salad is traditionally served during the summer months.

4-6 portions
Prep time: 15 min.
Cooking: 3-5 min.

THE CANADIAN PRESS

▶ Italian panzanella salad with bread and tomatoes a traditional hot weather fare.

Ingredients :

- 175 ml (3/4 cup) walnut pieces
- 60 ml (4 tbsp) olive oil, divided
- 2 ml (1/2 tsp) each sea salt and fresh cracked pepper
- 30 ml (2 tbsp) white balsamic vinegar
- 500 ml (2 cups) chopped cherry tomatoes
- 75 ml (1/3 cup) pitted and sliced kalamata olives
- 1 green onion, sliced
- 1 small clove garlic, minced
- 1/2 shallot, minced
- 6 fresh basil leaves, thinly sliced
- 1/2 loaf of leftover day or week-old crusty bread, torn or cut into 2.5-cm (1-inch) cubes (1 to 1.25 l/4 to 5 cups)
- Tip: If white balsamic vinegar is not available, substitute regular balsamic vinegar.

Preparation:

1. In a small bowl, combine walnuts with 15 ml (1 tbsp) of the olive oil. Heat a small frying pan over medium heat. Add oil-coated walnuts, stirring constantly until golden brown, 3 to 5 minutes. Remove from heat, season with salt and pepper and let cool.
2. In a large bowl, combine remaining olive oil, vinegar, tomatoes, olives, onion, garlic, shallot and basil. Mix well and let sit for 5 minutes to develop full flavour.
3. Add bread and walnuts to salad mixture and toss until well combined.
4. Serve immediately.

THE CANADIAN PRESS

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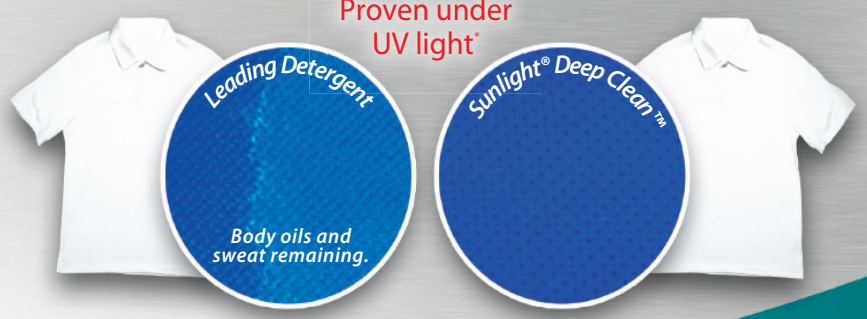

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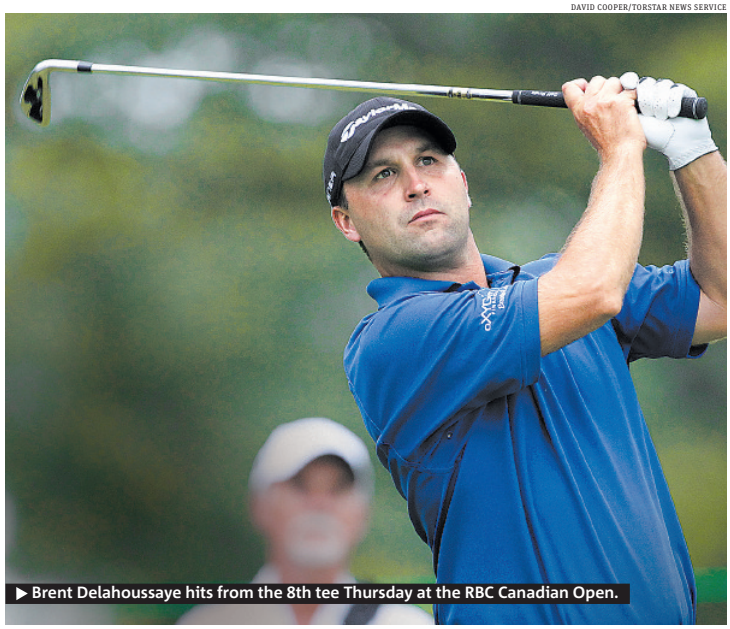
4 sports

New low for St. George's

American golfer Brent Delahoussaye shoots a 62 for course's best ever competitive round • Score also ties lowest for a round at Canadian Open

DAVID COOPER/TORSTAR NEWS SERVICE



▶ Brent Delahoussaye hits from the 8th tee Thursday at the RBC Canadian Open.

The players figured their long-awaited return to St. George's Golf and Country Club would be a painful experience. And then the RBC Canadian Open started.

Unheralded American Brent Delahoussaye led the charge on a birdie-filled Thursday, shooting a record-setting 62 to grab a two-shot lead over Vance Veazey and Brock Mackenzie.

Some predicted 8 under would be good enough to win the tournament on a tree-lined course with thick rough and undulating greens. It ended up being the number beside the name of the first-round leader.

"To be honest, I woke up this morning and looked at the scores and I was like, 'Wow, I did not see that many low scores out there in the practice round,'" said Delahoussaye. "I am shocked. I mean, I knew I was playing well, and I didn't even really know how many under I was at one point.

"So I just kind of kept going and kept trying to make birdies."

Delahoussaye equalled the best score ever shot at golf's third oldest national championship and set a new competitive course record at Toronto's St. George's.

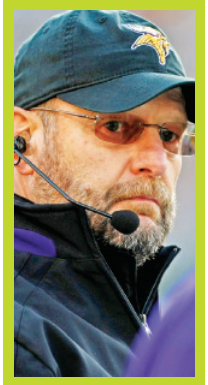
The 28-year-old is a tour rookie whose only professional victory came at the 2006 Hooters Tour Classic.

He has made just three cuts and less than $30,000 US so far in 2010.

THE CANADIAN PRESS

99
Number of players who finished at par or better on the first day of the Canadian Open.

Quoted



"I don't know if he's going to play next year and I don't know if he knows if he's going to play next year."
MINNESOTA VIKINGS COACH BRAD CHILDRESS ON QUARTERBACK BRETT FAVRE, WHO HE VISITED RECENTLY.

Ames, Mills are leading Canadians

It seems time away from the golf course has done Stephen Ames some good.

The Calgary resident fired a 3-under 67 to tie Oshawa native Jon Mills as the low Canadian Thursday at the $5.1-million US RBC Canadian Open.

The pair sit tied for 24th and are chasing little-known Brent Delahoussaye, who opened with a course-record 8-under 62 at St. George's Golf and Country Club.

Ames, who hasn't played competitively since missing the cut at the U.S. Open in June, said the break paid some early dividends.

"I'm happy with the way things have started," said Ames, who fired a bogey-free round. "I wasn't comfortable with certain things. I think that was my goal ... to try and get as comfortable as I could over the golf ball before I actually pulled the trigger, and I think I accomplished my goal."

Mike Weir of Bright's Grove, Ont., struggled to a 2-over 72. Weir, who pulled out of Wednesday's pro-am with tendinitis in his right arm, refused to blame his play on the injury.

"I don't want to use an excuse like that. Just didn't play well," said Weir.

"(It's a) tough golf course. If you hit it in the rough, it's tough around the greens. Rough around the greens is very unpredictable."

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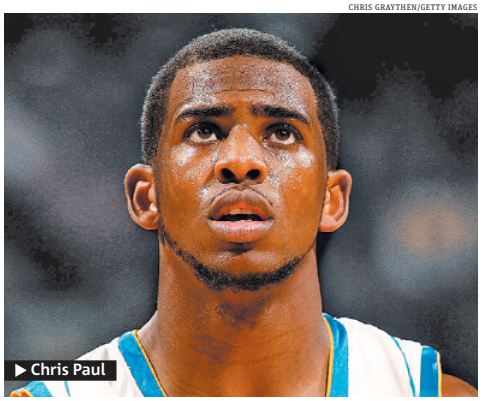

▶ Chris Paul

Hornets star Paul requests trade: Source

Team schedules meeting with guard

Chris Paul has requested to be traded and the New Orleans Hornets have scheduled a meeting with the star guard Monday, according to a person familiar with the situation.

Paul will sit down with new head coach Monty Williams, new general manager Dell Demps and team president Hugh Weber in New Orleans, the person told The Associated Press Thursday. The person spoke on condition of anonymity because the team had not made plans to meet with Paul public, and because Paul has not publicly demanded a trade.

The person also said Paul, through his representatives, has told the Hornets he would prefer to be dealt to one of only a handful of teams, including the New York Knicks and Orlando Magic.

Paul, 25, cannot opt out of his contract for two years. However, he said at a recent charity golf tournament that he will be unhappy playing for the Hornets if they fail to demonstrate a commitment to winning immediately.

The only free agency move the Hornets have made this off-season so far is re-signing reserve centre Aaron Gray.

The Hornets also have made it clear they have no intention of trading Paul.

Weber said earlier this month, while attending a community service event with Paul, that there was "no question" Paul would be in a Hornets uniform when next season opened. As recently as Tuesday, Weber also said that an exchange of text messages gave him the impression that Paul approved of the recent hirings of Williams and Demps.

After the Hornets came within one game of advancing to the 2008 Western Conference finals, Paul agreed to a four-year, $68-million US extension that went into effect last season and includes a player's option for the fourth year.

Since then, however, the Hornets have traded centre Tyson Chandler and fired coach Byron Scott, who both were close with Paul.

THE ASSOCIATED PRESS

Agency switch

▶ Earlier this month, Paul cut ties with his basketball and marketing agents at Octagon and joined LRMR Marketing, an agency founded by his close friend and NBA superstar LeBron James.

Scoreboard

BASEBALL

AL EAST

	W	L	Pct	GB
NEW YORK	60	34	.638	-
TAMPA BAY	57	37	.606	3
BOSTON	53	42	.558	7½
TORONTO	48	48	.500	13
BALTIMORE	30	65	.316	30½

AL CENTRAL

	W	L	Pct	GB
CHICAGO	52	42	.553	-
DETROIT	50	44	.532	2
MINNESOTA	51	45	.531	2
KANSAS CITY	41	54	.432	11½
CLEVELAND	40	55	.421	12½

AL WEST

	W	L	Pct	GB
TEXAS	56	40	.583	-
LOS ANGELES	51	47	.520	6
OAKLAND	48	47	.505	7½
SEATTLE	37	58	.389	18½

NL EAST

	W	L	Pct	GB
ATLANTA	56	39	.589	-
NEW YORK	49	46	.516	7
PHILADELPHIA	49	46	.516	7
FLORIDA	47	48	.495	9
WASHINGTON	42	54	.438	14½

NL CENTRAL

	W	L	Pct	GB
ST. LOUIS	54	42	.563	-
CINCINNATI	53	44	.546	1½
MILWAUKEE	44	53	.454	10½
CHICAGO	43	53	.448	11
HOUSTON	39	56	.411	14½
PITTSBURGH	34	61	.358	19½

NL WEST

	W	L	Pct	GB
SAN DIEGO	55	39	.585	-
SAN FRANCISCO	52	43	.547	3½
COLORADO	51	44	.537	4½
LOS ANGELES	50	45	.526	5½
ARIZONA	37	58	.389	18½

JAYS THURSDAY BOX SCORE

TORONTO	AB	R	H	BI	BB	SO	AVG.
WISE LF	5	0	2	0	0	2	.243
Y.ESCOBAR SS	4	0	1	0	0	0	.429
J.BAUTISTA RF	4	0	1	0	0	1	.238
V.WELLS CF	3	0	1	0	1	0	.272
LIND DH	3	0	0	0	1	1	.217
A.HILL 2B	4	0	1	0	0	0	.203
OVERBAY 1B	4	1	1	0	0	2	.251
J.BUCK C	4	1	1	2	0	1	.284
ENCARNACION 3B	4	0	1	0	0	0	.242
TOTALS	**35**	**2**	**9**	**2**	**2**	**7**	
DETROIT	**AB**	**R**	**H**	**BI**	**BB**	**SO**	**AVG.**
A.JACKSON CF	4	0	1	1	0	1	.308
DAMON LF	3	2	2	0	1	0	.281
ORDONEZ DH	3	1	1	0	1	0	.301
MI.CABRERA 1B	4	1	3	2	0	0	.347
RABURN RF	4	0	1	1	0	1	.209
S.SIZEMORE 3B	4	0	0	0	0	0	.198
KELLY 3B	0	0	0	0	0	0	.217
LAIRD C	3	0	0	1	0	1	.187
SANTIAGO 2B	3	1	1	0	1	1	.270
WORTH SS	2	0	1	0	1	0	.274
TOTALS	**30**	**5**	**10**	**5**	**4**	**4**	

TORONTO	IP	H	R	ER	BB	SO
R.ROMERO L,7-7	7	7	3	3	4	3
CAMP	1	3	2	2	0	1
DETROIT	**IP**	**H**	**R**	**ER**	**BB**	**SO**
VERLANDER W,12-5	8	8	2	2	2	5
VALVERDE S,20-21	1	1	0	0	0	2

Thursday's AL results

Detroit 5 Toronto 2
Minnesota 5 Baltimore 0
N.Y. Yankees 10 Kansas City 4
Texas 3 L.A. Angels 2
Boston at Seattle

Thursday's NL results

Atlanta 8 San Diego 0
Florida 3 Colorado 2
Philadelphia 2 St. Louis 0 (11 ings)
Washington 7 Cincinnati 1
Milwaukee at Pittsburgh
San Francisco at Arizona
N.Y. Mets at L.A. Dodgers

Friday's AL games

Kansas City at N.Y. Yankees, 7:05 p.m.
Minnesota at Baltimore, 7:05 p.m.
Tampa Bay at Cleveland, 7:05 p.m.
Toronto at Detroit, 7:05 p.m.
L.A. Angels at Texas, 8:05 p.m.
Chicago White Sox at Oakland, 10:05 p.m.
Boston at Seattle, 10:10 p.m.

Friday's NL games

St. Louis at Chicago Cubs, 2:20 p.m.
Colorado at Philadelphia, 7:05 p.m.
San Diego at Pittsburgh, 7:05 p.m.
Atlanta at Florida, 7:10 p.m.
Cincinnati at Houston, 8:05 p.m.
Washington at Milwaukee, 8:10 p.m.
San Francisco at Arizona, 9:40 p.m.
N.Y. Mets at L.A. Dodgers, 10:10 p.m.

TRANSACTIONS

NHL

COLUMBUS BLUE JACKETS - Re-signed D Grant Clitsome to a one-year contract.
OTTAWA SENATORS - Signed F Mike Hoffman. Re-signed F Cody Bass to a one-year contract.

NBA

GOLDEN STATE WARRIORS - Signed G C.J. Watson and traded him to Chicago for a 2011 second-round draft pick.
OKLAHOMA CITY THUNDER - Signed general manager Sam Presti to a multiyear contract extension.

American League

MINNESOTA TWINS - Activated INF Alexi Casilla from the 15-day DL.
TORONTO BLUE JAYS - Recalled INF Mike McCoy from Las Vegas (PCL). Optioned LHP Marc Rzepczynski to Las Vegas.

National League

CINCINNATI REDS - Reinstated C Ramon Hernandez from the 15-day DL. Assigned C Corky Miller outright to Louisville (IL). Agreed to terms with RHP Jason Isringhausen on a minor league contract.
NEW YORK METS - Agreed to terms with RHP Chad Cordero on a minor league contract and assigned him to Buffalo (IL).

NFL

BUFFALO BILLS - Placed TE Joe Klopfenstein on injured reserve.
KANSAS CITY CHIEFS - Signed TE Tony Moeaki.

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
MONTREAL	4	3	1	0	137	103	6
TORONTO	3	2	1	0	79	88	4
WINNIPEG	3	1	2	0	90	93	2
HAMILTON	4	1	3	0	93	116	2

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
SASK.	3	3	0	0	115	89	6
CALGARY	3	2	1	0	77	65	4
B.C.	3	1	2	0	55	63	2
EDMONTON	3	0	3	0	53	82	0

Thursday's result

Montreal 37 Hamilton 14

Friday's game

B.C. at Toronto, 7:30 p.m.

TODAY IN SPORTS HISTORY

June 23

1907 - Australasia beats British Isles 3-2 to win the Davis Cup held at Wimbledon. Australasia wins its first David Cup and ends the four-year reign of the British Isles.
1921 - At the annual Harvard-Yale vs. Cambridge-Oxford meet at Harvard Stadium, Harvard's Edward Gourdin becomes the first to long jump 25 feet. Harvard lists Gourdin's jump as 25-3, but the official listing in U.S. Track and Field is 25-2.
1960 - Betsy Rawls becomes the first woman to win the U.S. Women's Open golf title four times.
1966 - John Pennel pole vaults 17 feet, 6 inches for the world record in a meet at Los Angeles. It's the eighth of nine world records he set in the event in his career and his first since 1963.

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The Tooth Doctor©

David J. Halpin, D.D.S.

Could Bruxism Be Affecting Your Dental Health?

We all get stressed out once in a while. And when we do, our mental stress can actually create physical symptoms including grinding or clenching of the teeth, a condition called bruxism. **It can happen during the day or night... and it may be mild enough to be completely unnoticeable, or can be severe enough to lead to headaches, jaw disorders, damaged teeth or other dental problems.**

Bruxism (teeth grinding) is more common during sleep, occurring equally among women and men, and appears to be exaggerated among people who experience airway resistance, causing breathing difficulties during sleep. **Nighttime bruxism (tooth grinding) can produce excessive forces of up to 250 lbs. per square inch; enough pressure to crack a walnut!**

Our upper and lower teeth are supposed to "mesh" together smoothly, engaging only when chewing. However, abnormal grinding or clenching can have a negative effect on teeth, gums, bones and the jaw. In typical cases of bruxism, the canines and incisors are moved against each other laterally, i.e. with a side-to-side action by the lateral muscles that lie above and to the sides behind the mouth. Such lateral movements can abrade the tooth enamel, removing the biting surfaces and flattening the edges of the teeth. While tooth enamel subjected to life's normal stresses can wear down at a rate of approximately 0.3 millimetres every ten years or so, it's not uncommon for people suffering from bruxism (tooth grinding) to experience 2.0 millimetres of enamel erosion by the time they reach their mid-twenties. Bruxism is a leading cause of occlusal disease and a significant cause of tooth loss. Teeth weakened by previous decay (caries) can actually collapse because the pressure exerted upon them by bruxism is extraordinarily high.

While the etiology of bruxism (tooth grinding) remains unknown, it is believed to include anxiety, digestive problems, disturbed sleep patterns and/or asymmetrical occlusion. **If you routinely experience a sore, painful jaw joint; headache, earache, chronic facial pain or notice teeth that appear worn down, chipped or flattened; a thorough dental examination incorporating a bruxism evaluation may be a good idea.**

We can evaluate the extent of wear and tear on your teeth, gums and jaw and suggest a practical remedy to offset further damage.

A variety of treatment options are available including custom-fitted night guards. If tooth wear has become extreme, corrective procedures such as dental inlays or crowns may be indicated to repair the affected teeth. If bruxism is linked to an occlusal (bite) problem, orthodontic treatment can help by correcting the malocclusion.

Yours for better dental health,

Dr. David J. Halpin
B.Sc., D.D.S.

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Field of Play

SCOTT RUSSELL

MARITIME FIELD OF DREAMS

If you build it they will come.

New Brunswick's shining new state-of-the-art track and field facility is a revelation to a city, a region and, for that matter, all of Canadian sport. The Moncton 2010 Stadium is hosting the IAAF World Junior Track and Field Championships and proving the future belongs to those who believe in themselves.

There has been little bickering about the building of this track in this unlikely place and not much quibbling about the investment of $20 million in young Canadians. It's a different story than that which exists in some of the country's more populous locales.

This is all about a desire to be a part of the action and to ensure this place and these people have the same opportunities as the rest of the country.

It's working.

Thousands have come to see the world's best track and field gods and goddesses, 19 years of age and younger. The future stars have responded in kind. Terrific performances have been turned in by Jamaican sprint savant Dexter Lee and his female counterpart, 16-year-old Jodie Williams of Britain.

"This is all about a desire to be a part of the action and to ensure that this place and these people have the same opportunities as the rest of the country."

A Canadian long jumper, Tyler Stewart of London, Ont., has produced a bronze medal, Canada's first at this level since the 2006 championships in Beijing. With a brilliant smile, Stewart hit the perfect chord in his post-race interview.

"It's just an honour to compete in Moncton and in Canada," Stewart beamed. "This is the best place to win a medal — at home."

Note that Stewart said at home.

The opportunity that Moncton is offering to Canadian athletes has been working magic in other countries for centuries. It's the chance to flourish in your own backyard.

Decathlete Jared Heldman of Langley, B.C., scored 10 out of 10 personal bests in the biggest competition of his life.

"I learned I love the decathlon," Heldman said when it was over. "Now I want to win a gold medal at the Pan American Games."

Lamine Diack, the president of the IAAF, subscribes to what's happening here.

"Our task is to find and develop stars in every country," he said. "They will not just fall from the moon."

No they won't.

They'll grow and prosper in a Maritime field of dreams.

Cycling. Tour de France

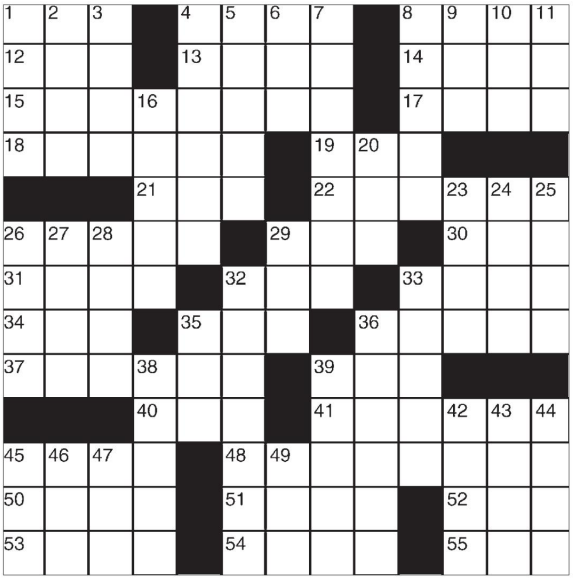
▶ The pack climbs Soulor pass during the 17th stage of the Tour de France on Thursday.

CHRISTOPHE ENA/THE ASSOCIATED PRESS

Contador nears overall win in France

Defending champion Alberto Contador of Spain virtually secured a third Tour de France title Thursday after staying with yellow-jersey rival Andy Schleck all the way to the top of the legendary Col du Tourmalet in the pivotal 17th stage. Ryder Hesjedal of Victoria enjoyed one of his most impressive performances on the tour, finishing fourth, 1:27 behind Schleck and Contador. The ride bumped Hesjedal up to eighth overall. THE ASSOCIATED PRESS

Crossword



Across

1 PC graphics format
4 Future tulip
8 Vagrant
12 Automaton, for short
13 Duel tool
14 Somewhere out there
15 Cranium
17 Impale
18 Walked proudly
19 Dine on
21 Marry
22 Skillet
26 Wanderer
29 Actor Carrey
30 Versifier's praise
31 Panache
32 Director's cry
33 Not busy
34 The whole enchilada
35 Humorist
36 Movie with a classic pottery-making scene
37 1966 James Clavell novel
39 Swiss canton
40 Mound stat
41 Heinz heiress who wed John Kerry
45 Thought
48 Collar style
50 Harmonization
51 Divisible by two
52 Anger
53 Netting
54 Withered
55 Cornfield comment

Down

1 Undergoes a recession
2 Harbor town
3 Luminary
4 On — knee
5 Increased
6 Grazing area
7 Boon
8 Rash
9 Frequently
10 Ovine sound
11 Scepter topper
16 Hawkeye
20 Branch
23 Game played on horseback
24 Huge fusses
25 Small salamander
26 Tidy
27 Earthenware pot
28 Bamako's country
29 Moonshine vessel
32 Hors d'oeuvres
33 Bake eggs
35 Kids' card game
36 "Bonanza" star
38 Cobbler variety
39 Say
42 Grand story
43 Actress Rue
44 From the beginning
45 Doctrine
46 Easter purchase
47 Type measures
49 Prior night

▶ Yesterday's answer

A	M	M	O		B	U	R	P		S	E	C
C	O	A	L		A	R	E	A		O	I	L
H	A	R	D	D	R	I	V	E		F	R	O
E	T	C	H	E	R			A	C	T	E	D
				A	N		B	O	N	U	S	
L	A	S	T		H	R	S		B	O	S	H
I	D	O			E	E	L			A	P	E
S	O	F	A		L	A	O		S	P	A	Y
		T	W	O	P	M		C	I			
F	A	C	E	T				O	U	T	A	G	E
A	G	O		H	A	R	D	L	A	B	O	R
C	U	R		E	G	A	D		R	U	B	S
T	E	E		R	E	F	S		S	T	Y	E

Sudoku

	8		4		7	6	2	
					2			3
1						8		7
	5		3			2	9	
				9				
	1	3			6		5	
5		8						2
2			6					
	4	6	1		9		3	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

4	6	2	7	9	3	1	8	5
7	1	5	8	2	4	9	6	3
9	8	3	5	6	1	7	2	4
3	7	9	1	4	6	2	5	8
6	2	1	9	8	5	4	3	7
5	4	8	2	3	7	6	1	9
1	5	6	3	7	9	8	4	2
8	9	4	6	5	2	3	7	1
2	3	7	4	1	8	5	9	6

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

To my Kali baby ... my little pepita ... how I can ever thank you for just being here for me ... I would never had known fullness in my life without you ... you will be my naked chef forever!
ALL MY LOVE, MAUREEN

HDT — you know your the girl for me! I still get butterflies thinking of you. Love you babe!
GREG "SIGNATURELESS" PARADIS

Beb, about 1 year and 2 months to go before our big day. Can't imagine doing this with anybody else; love you. **MCH**

Fiorella, I can't even begin to tell you how happy you make me. I only hope the words on this page are a start. **CHRISTOPHER**

*Happy 25th birthday baby! I can not imagine a world without you.*Love always and forever. **PARVEEN**

The Weather Network
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Today Showers 24°/19° 60%
Saturday Showers 27°/18° 40%
Sunday Showers 24°/16° 80%

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 19 You may have been a bit too generous of late and need to rein in your more extravagant tendencies, at least for a while. Will those who benefited from your largesse help you in your hour of need? Don't count on it.

♉ Taurus April 20-May 21 Feelings of self-doubt are perfectly natural, but don't let them get out of hand. The current negative phase will pass quickly and come the weekend you will be on top of the world again.

♊ Gemini May 22-June 21 If there is a secret you don't want the world to know about you will have a hard time keeping it under wraps today. Maybe you should own up to it.

♋ Cancer June 22-July 22 Today it might be an idea not to take too much for granted. Work plans could be subject to sudden disruptions, especially if you have trusted others to take care of the details.

♌ Leo July 23-Aug.23 Tread carefully and don't agree to anything that you are not entirely certain is safe and secure. That applies to financial matters, of course, but also to affairs of the heart.

♍ Virgo Aug. 24- Sept. 22 You may feel helpless and believe that you are no longer in control of your fate but it isn't true. Whatever caused this feeling it is unlikely to last more than a few hours, so cheer up.

♎ Libra Sept. 23-Oct. 23 Don't let anyone talk you into taking on extra work today. You have more than enough to be getting on with as it is and any more will put you under intolerable pressure.

♏ Scorpio Oct. 24-Nov. 22 You cannot possibly keep up the pace you have been moving at these past few weeks. Your mind and your body will send you warnings that you must not ignore. Slow down.

♐ Sagittarius Nov. 23-Dec. 21 Try to see everything that happens today and over the weekend from a wider and higher perspective. Little things may be annoying but don't sweat the small stuff.

♑ Capricorn Dec. 22-Jan. 20 If there is something you need the world to know about, speak up right away. If you leave it even a few hours longer you will lose your nerve and the opportunity will pass.

♒ Aquarius Jan. 21-Feb. 18 Indulge yourself today if you must but don't think that you can go on spending time and money as if they will never run out. Every so often you need to rein in your enthusiasm.

♓ Pisces Feb. 19-March 20 Don't worry that if you don't take a risk you might miss out — worry that if you do take a risk you might make a major loss. This is not a time to be reckless.

SALLY BROMPTON

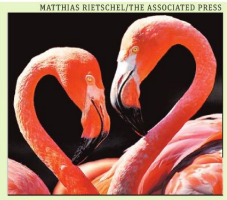
MISHA JAPARIDZE/THE ASSOCIATED PRESS

Caption contest

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

MATTHIAS RIETSCHEL/THE ASSOCIATED PRESS



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